



Anxiety/Depression Workbook Supplement



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[Trauma-informed yoga](#) is a type of yoga that is designed to be helpful for people who have experienced trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a way to help people heal from trauma.

“The doorway into yoga for so many westerners is asana. [In my last blog](#), I talked about the role of asana in working

with the symptoms of post-traumatic stress,” [Mary Hilliker](#), a Registered Dietitian/Nutritionist, an experienced yoga teacher, shares. “Asana is often a crucial way to carry the breath, impact structure and physiology, and give the mind support.”

Trauma-informed yoga typically includes a variety of elements, such as:

- * Gentle movement
- * Breathwork
- * Mindfulness
- * Relaxation techniques
- * Supportive environment

These elements can help people to:

- * Reduce stress and anxiety
- * Improve sleep
- * Increase self-awareness
- * Regulate emotions
- * Build resilience
- * Connect with their bodies



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Trauma-informed yoga can be a helpful addition to traditional therapy for people who are struggling with depression. It can help people to manage their symptoms, reduce stress, and improve their overall well-being.

Here are some of the specific ways that trauma-informed yoga can help with depression:

* **Reduce stress and anxiety:** Trauma can lead to chronic stress and anxiety, which can contribute to depression. Yoga can help to reduce stress and anxiety by calming the nervous system and promoting relaxation.

* **Improve sleep:** Poor sleep is a common symptom of depression. Yoga can help to improve sleep by reducing stress and anxiety, and by promoting relaxation.

* **Increase self-awareness:** Trauma can lead to a lack of self-awareness and a disconnection from the body. Yoga can help people to become more aware of their bodies and their emotions, which can help them to better understand and manage their symptoms.

* **Regulate emotions:** Trauma can lead to difficulty regulating emotions. Yoga can help people to learn how to manage their emotions in a healthy way, by teaching them how to calm down and cope with difficult emotions.

* **Build resilience:** Trauma can make people feel vulnerable and weak. Yoga can help people to build resilience by teaching them how to cope with stress and adversity, and by helping them to develop a sense of self-worth and self-confidence.

* **Connect with their bodies:** Trauma can lead to a disconnection from the body. Yoga can help people to reconnect with their bodies by teaching them how to pay attention to their bodies and how to move in a way that feels good.

If you are interested in trying trauma-informed yoga, there are a few things you should keep in mind:

* It is important to find a yoga instructor who is experienced in working with people who have experienced trauma.

* You should start slowly and gradually increase the intensity of your practice.

* It is important to listen to your body and stop if you feel any pain or discomfort.

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* Yoga is not a substitute for therapy, but it can be a helpful addition to traditional therapy.

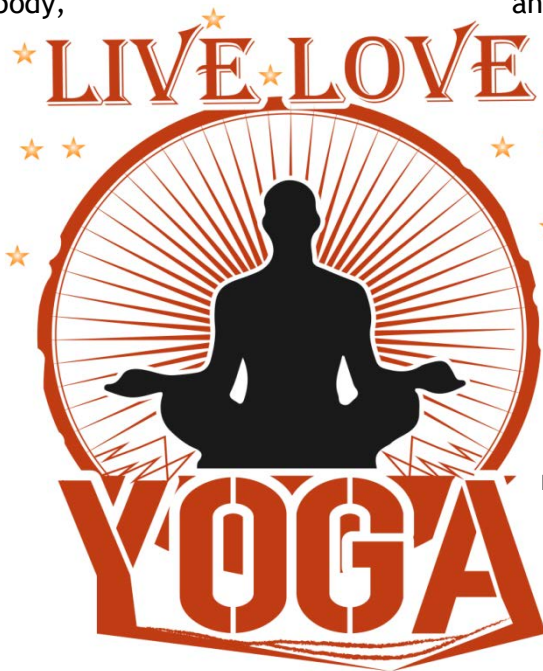
If you are struggling with depression, trauma-informed yoga can be a helpful way to manage your symptoms and improve your overall well-being.

Sure, here is an article on using meditation to help with anxiety:

Meditation for Anxiety

Meditation is a mind and body practice that has been shown to be effective in reducing anxiety. It can help you to calm your mind and body,

and to focus on the present moment. This can be helpful for people who are struggling with anxiety, as it can help them to manage their symptoms and to cope with stressful situations.



“Using phrases like “deep breath” can lead to more emphasis on inhaling and again, although it’s well-intentioned, it can actually make anxiety symptoms worse”, mentions [Allison Wesley](#), a Faculty Franklin Method Educator and Registered Yoga Teacher/Therapist in

Portland, OR. “What’s needed is an emphasis on the exhale. Possibly instead of “deep,” using phrases like “elongated exhale,” or “complete breath out,” or even “full and soft exhale” can bring more color to the class as well as help shift some of the symptoms that come from anxiety.”

There are many different types of meditation, but all of them involve focusing your attention on something, such as your breath, a mantra, or a body scan. When you meditate, you are training your mind to focus

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and to let go of distractions. This can help you to calm down and to reduce stress.

Meditation can be practiced anywhere, and it does not require any special equipment. You can meditate for as little as 5 minutes or as long as an hour. If you are new to meditation, it is a good idea to start with short sessions and to gradually increase the amount of time you meditate each day.

[Charlotte Nuessle](#), is an internationally certified yoga therapist through IAYT, with BSc in gerontology, speaks on ‘How shame triggers a shut down response and what we can do about it’. “Shame gives us a sense of inner control when there is no other way to impact a frightening situation”, Nuessle states. “Our nervous system picks up cues of danger and cannot calm those signals. Shame makes uncertainty which is perceived as a threat to our nervous system, predictable. Shame’s loud messages are hard to miss: “I’m to blame.” “It’s my fault.” “I deserved this.”

Here are some tips for meditating for anxiety:

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position, either on the floor or in a chair.
- Close your eyes and focus on your breath.
- Notice the rise and fall of your chest as you breathe in and out.
- If your mind wanders, gently bring it back to your breath.
- Continue meditating for as long as you like.

Meditation is a safe and effective way to reduce anxiety. If you are struggling with anxiety, I encourage you to try meditation. It may be just what you need to help you feel better.

Here are some additional benefits of meditation for anxiety:

- Meditation can help to reduce stress and improve sleep.
- Meditation can help to increase self-awareness and improve focus.
- Meditation can help to reduce negative thoughts and emotions.
- Meditation can help to increase relaxation and improve overall well-being.

If you are interested in learning more about meditation, there are many resources available online and in libraries. You can also find meditation classes and workshops in your community.

Yes, you can really work backwards to uproot anxiety in your life. [Wesley](#) reminds us, “There seems to be [a visual component](#) in anxiety, which explains why standing in Tadasana (Mountain pose) with eyes closed feels so much more calming than eyes open, and why it’s important to have a soft Drishti (focused gaze) if the eyes are open. Try it out next time you’re in Tadasana. Feel yourself looking outward from the outer eyes themselves and really try to look out. “

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Pranayama is a branch of yoga that focuses on breath control. It is a powerful tool that can be used to reduce anxiety and stress. When we are anxious, our breathing becomes shallow and rapid. This can lead to a number of physical symptoms, such as a racing heart, sweating, and muscle tension. Pranayama can help to slow down and deepen our breathing, which can in turn help to calm the body and mind.

There are many different pranayama techniques that can be used to reduce anxiety. Some of the most effective techniques include:

Types of pranayama and how to do pranayama

The ancient Indian sages knew that deep breathing exercises were simple to practice and can bring great relaxation to the body and mind. Now that we've established what pranayama is, let's look at the different types of pranayama we can practice. These various types of breathing techniques (<https://www.artofliving.org/in-en/breathing-techniques>) can be practiced easily and at any time of the day on an empty stomach.

Let's learn about the types of pranayama & how to do pranayama one by one.

1. Bhramari Pranayama (Humming Bee Breath)

Is your mind buzzing with activity? Can't stop thinking about what someone said about you? Find a quiet corner and try this type of pranayama to apply brakes to the buzzing mind. This breathing technique is a boon for those with hypertension.

Bhramari Pranayama, commonly referred to as Humming Bee Breath, is a yogic breathing exercise that calms the nervous system and aids in reconnecting us with our most genuine selves. This pranayama for beginners is named after the soft humming of a bee and is made at the back of the throat during practice.

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Learn more about Bhramari Pranayama and how to do this pranayama. (<https://www.artofliving.org/yoga/breathing-techniques/bhramari-pranayama>)

2. Kapalbhathi Pranayama (Skull Shining Breath)

Kapalbhathi Pranayama is a yogic breathing exercise whose name is derived from the Sanskrit terms *Kapal*, meaning skull, and *bhati* meaning “to shine”.

Among the various deep breathing exercises, this pranayama yoga is considered the most important. One of the benefits of pranayama is detoxification of the body and clearing of the energy channels. This pranayama is for people with intermediate to advanced breathing levels. It energizes your circulatory and neural systems while strengthening your chest and cleansing your abdominal organs. Know more in detail about what this pranayama is and how to do it. (<https://www.artofliving.org/in-en/yoga/breathing-techniques/skull-shining-breath-kapal-bhati>)

3. Bhastrika Pranayama (Bellows Breath)

Feeling low on energy? Three rounds of Bhastrika Pranayama (bellows breath) will get your energy levels soaring! So, what is pranayama Bhastrika?

Bellows Breath, also known as Bhastrika Pranayama, is a stimulating deep breathing exercise that resembles stoking a fire with a constant stream of air. The Sanskrit name *Bhastrika*, which means “bellows,” refers to the vigorous filling and emptying (inhaling and exhaling) of the lungs and abdomen during this exercise. It stimulates the body’s and mind’s internal fire, promoting healthy digestion on all levels.

Learn more about the benefits of Bhastrika pranayama and how to do it. (<https://www.artofliving.org/in-en/yoga/breathing-technique/bhastrika-pranayam>)

4. Nadi Shodhan Pranayama (Alternate Nostril Breathing)

Can’t concentrate on the task at hand? Try nine rounds of Nadi Shodhan Pranayama (alternate nostril breathing technique) followed by a short 10-minute meditation session. Nadi Shodhan Pranayama calms and centers the mind by bringing harmony between both the hemispheres of the brain.

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Alternate Nostril Breathing, often referred to as Nadi Shodhan, is a powerful deep breathing exercise with multiple benefits of pranayama.



Stability of Mind and Pranayama

Art of Living Faculty,
(<https://artoflivingretreatcenter.org/blog/pranayama-and-meditation/>)

states, “There is little use in having a machine that you cannot operate without a manual,” says Sri Sri, “Spiritual knowledge is like a manual for life. Just as we have to learn how to operate the steering wheel, clutch, brake, and

so on to drive a car, similarly, to move towards stability of the mind, we must know the basic principles about our life force energy. This is the whole science of pranayama.”

Pranayama can be practiced anywhere, at any time. It is a simple and effective way to reduce anxiety and stress. If you are new to pranayama, it is a good idea to start with a few minutes of practice each day. You can gradually increase the amount of time you spend practicing as you become more comfortable with the techniques. Here are some tips for practicing pranayama:

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position with your spine straight.
- Close your eyes and focus on your breath.
- Breathe in slowly and deeply through your nose.
- Hold your breath for a few seconds.
- Slowly exhale through your nose.
- Repeat this cycle for 5-10 minutes.

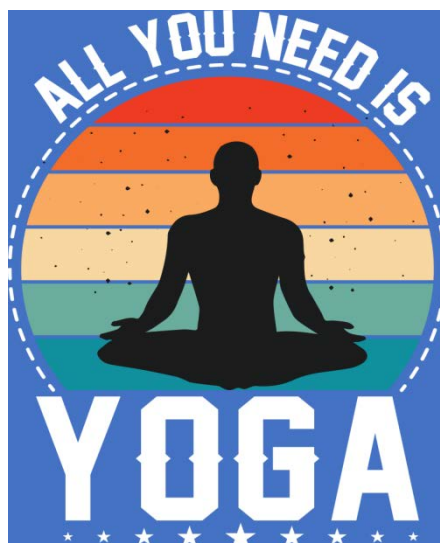
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If you find yourself feeling anxious or stressed during your practice, simply take a few deep breaths and focus on your breath. You may also want to try repeating a calming mantra, such as “I am calm” or “I am at peace.”

Pranayama is a safe and effective way to reduce anxiety and stress. If you are struggling with anxiety, I encourage you to give pranayama a try. It may be just what you need to find relief.

In addition to pranayama, there are many other things you can do to reduce anxiety. These include:

- Exercise regularly
- Get enough sleep
- Eat a healthy diet
- Avoid caffeine and alcohol
- Spend time in nature
- Practice relaxation techniques, such as meditation or yoga
- Talk to a therapist or counselor if you are struggling to manage your anxiety on your own



If you are experiencing anxiety, it is important to seek professional help if you are unable to manage it on your own. A therapist or counselor can help you develop coping mechanisms and strategies for managing your anxiety.

An interesting [*scientific finding*](#) on the benefits of pranayama is that **the expression of genes involved in stress response can be changed in a way that can potentially slow down the body-mind's reactivity to stress.** This improves immune functions, metabolic activity and insulin secretion.

National Institute of Health, did a study on “**Pranayamas and Their Neurophysiological Effects**”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7735501/> . This was first published 13 September 2020. They concluded that THE In-depth studies focusing on specific aspects of the practices such as retentions, prolonged expiration, attention on fluid respiration, and

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abdominal/thoracic respiration should better elucidate the effects of Yogic Breathing Techniques (YBT).

Guided Meditations for Pranayama

Pranayama are breathing practices from the Yoga tradition. Pranayama guides the breath in a specific pattern and can be calming or energizing. Breathing is seen as a lever to change mental states and a mirror of the mind. Modulating the breath can pacify the nervous system and calm emotions.

insighttimer.com/meditation-topics/pranayama/browse/guided

Anxiety Relief Breath Technique

<https://insighttimer.com/selenael/guided-meditations/anxiety-relief-breath-technique>

Calming Breath <https://insighttimer.com/femkebakker/guided-meditations/calming-breath-3>



Yoga and Dreams

Yoga is a mind-body practice that originated in India thousands of years ago. It is a system of physical postures, breathing exercises, and meditation that is designed to promote physical and mental health. Yoga has been shown to be effective in treating a variety of

conditions, including stress, anxiety, depression, and pain.

Dreams have been a source of fascination and mystery for centuries. People have long wondered what dreams mean and why we have them. There are many different theories about dreams, but no one knows for sure what they are all about.

Some people believe that dreams are simply a way for our brains to process the events of the day. Others believe that dreams are a way for us to access our subconscious minds and tap into our creativity. Still others believe that dreams are a way for us to communicate with the divine.

Whatever the meaning of dreams may be, there is no doubt that they can be a powerful tool for self-exploration and personal growth. Yoga can help us to better understand our dreams and use them to our advantage.

How Yoga Can Help Us to Understand Our Dreams

Yoga can help us to understand our dreams in a number of ways. First, yoga can help us to become more aware of our bodies and our

emotions. When we are more aware of our bodies and our emotions,

Do more
yoga

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we are better able to understand the messages that our dreams are trying to send us.

Second, yoga can help us to relax and let go of stress. When we are relaxed and stress-free, we are more likely to have clear and vivid dreams.

Third, yoga can help us to develop our intuition. When we develop our intuition, we are better able to understand the symbolic meaning of our dreams.

How to Use Yoga to Improve Your Dream Recall

If you want to improve your dream recall, there are a few things you can do. First, make sure you are getting enough sleep. Most people need around 7-8 hours of sleep per night.

Second, try to avoid caffeine and alcohol before bed. These substances can interfere with sleep and make it harder to remember your dreams. Third, keep a dream journal by your bed. As soon as you wake up, write down everything you can remember about your dreams. This will help you to remember your dreams more clearly.

Fourth, practice yoga before bed. Yoga can help you to relax and prepare for sleep.

Benefits of Yoga for Dreams

There are many benefits of yoga for dreams. Yoga can help you to:

- Have more vivid and memorable dreams
- Understand the meaning of your dreams
- Use your dreams for self-exploration and personal growth
- Improve your sleep
- Reduce stress and anxiety
- Increase your



If you are interested in using yoga to improve your dreams, there are a few things you can do. First, find a yoga class that is appropriate for your level of experience. Second, practice yoga regularly. Third, keep a dream journal.

Fourth, be patient and persistent. It may take some time to see results.

Conclusion

Yoga is a powerful tool that can help us to understand our dreams. When we practice yoga regularly, we become more aware of our bodies and our emotions, we relax and let go of stress, and we develop our intuition. These qualities can all help us to have more vivid and memorable dreams, understand the meaning of our dreams, and use our dreams for self-exploration and personal growth.

Lucid Dreaming

Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind. There are many different techniques that can be used to induce lucid dreams. Some of the most common techniques include:

- **Reality testing:** This involves checking your environment throughout the day to see if you are dreaming. For example, you might try to push your finger through your palm or look at a clock twice to see if the time changes.
- **Wake back to bed (WBTB):** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Mnemonic induction of lucid dreams (MILD):** This involves repeating a mantra to yourself, such as “I will know I am dreaming,” before you go to sleep.

Once you have learned how to induce lucid dreams, you can start to explore your subconscious mind. You can use lucid dreams to work through problems, learn new things, or simply have fun. There are many benefits to lucid dreaming. Some of the most common benefits include:

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- **Personal growth:** Lucid dreaming can be a powerful tool for personal growth. By exploring your subconscious mind, you can learn more about yourself and your motivations.
- **Problem-solving:** Lucid dreams can be used to solve problems. By working through problems in a dream state, you can often come up with creative solutions that you would not have thought of while awake.
- **Stress relief:** Lucid dreams can be a great way to relieve stress. By taking control of your dreams, you can create a safe and relaxing environment for yourself.
- **Fun:** Lucid dreams can be a lot of fun. You can fly, explore new worlds, or meet new people.

If you are interested in learning more about lucid dreaming, there are many resources available online and in libraries. You can also find lucid dreaming groups and forums where you can share experiences and learn from others.

Here are some additional tips for lucid dreaming:

- **Be patient:** It takes time and practice to learn how to lucid dream. Don't get discouraged if you don't have success right away.
- **Keep a dream journal:** Writing down your dreams can help you to remember them more clearly and to identify patterns in your dreams.
- **Be persistent:** The more you practice, the more likely you are to have a lucid dream.

Lucid dreaming can be a fascinating and rewarding experience. If you are interested in learning more, I encourage you to give it a try. Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, "Am I dreaming?" If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Reality Testing

Reality testing is a simple but effective technique for lucid dreaming. The idea is to become so familiar with the signs that you are dreaming that you can easily identify them while you are dreaming. Some common dream signs include:

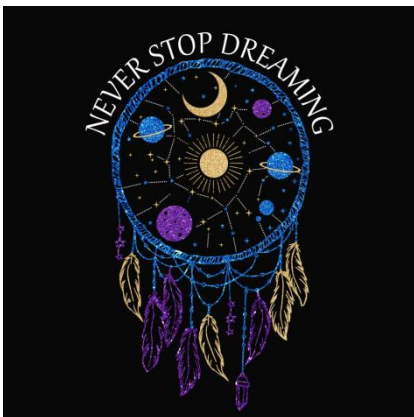
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- **Things that don't make sense:** In dreams, things often don't make sense. For example, you might see people walking on the ceiling or talking to animals.
- **Being able to fly:** In dreams, you can often fly. If you try to fly in real life, you will quickly realize that you can't.
- **Looking at a clock twice and seeing different times:** In dreams, the time on the clock can change if you look at it twice.

Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, "Am I dreaming?" If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Wake Back to Bed (WBTB)

Wake back to bed (WBTB) is another effective technique for lucid dreaming. The idea is to wake up after 5-6 hours of sleep and then stay awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream because it gives your brain time to enter REM sleep, which is the stage of sleep when dreams occur. When you wake up during WBTB, you should try to stay calm and relaxed. You can then do some reality testing or repeat a mantra to yourself, such as "I will know I am dreaming." Once you go back to sleep, you are more likely to have a lucid dream.



Mnemonic Induction of Lucid Dreams (MILD)

Mnemonic induction of lucid dreams (MILD) is a technique that involves repeating a mantra to yourself before you go to sleep. The mantra can be something like, "I will know I am dreaming." The idea is to plant the suggestion in your subconscious mind that you will become lucid in your dreams.

MILD is a simple technique that can be very effective.

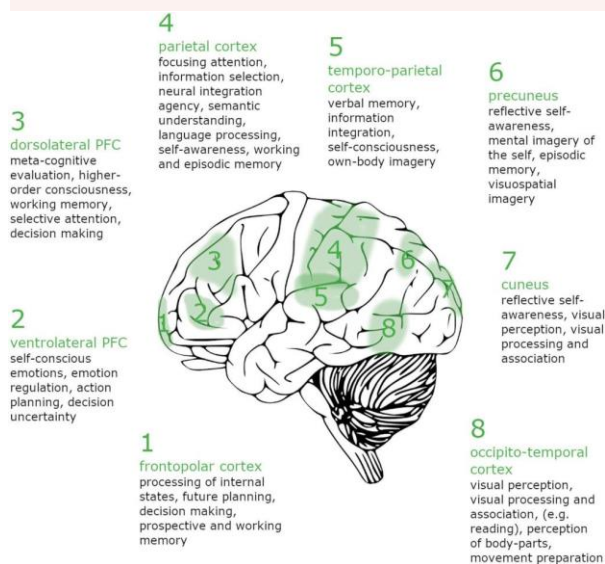
How Lucid Dreaming Can Help With Anxiety

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Anxiety is a common mental health condition that can cause a variety of symptoms, including worry, restlessness, and difficulty concentrating. While there are many treatments available for anxiety, lucid dreaming is a relatively new and promising approach.

Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind.

There are a number of ways that lucid dreaming can help with anxiety. First, lucid dreaming can help you to learn more about your anxiety. By exploring your dreams, you can identify the triggers that cause your anxiety and the thoughts and feelings that contribute to it. This knowledge can help you to better understand your anxiety and develop coping strategies.



Second, lucid dreaming can help you to develop a sense of control over your anxiety. When you are lucid in a dream, you can choose to change the dream in any way you want. This can help you to learn that you have the power to control your anxiety, even when you are awake.

Third, lucid dreaming can help you to practice relaxation techniques.

When you are lucid in a dream, you can use relaxation techniques, such as deep breathing and meditation, to calm your mind and body. This practice can help you to learn how to relax more effectively in real life.

There is some research to support the use of lucid dreaming for anxiety. A study published in the journal *Dreaming* found that lucid dreaming can help to reduce anxiety symptoms in people with generalized anxiety disorder (GAD). The study participants who practiced lucid dreaming for eight weeks showed significant reductions in anxiety symptoms, compared to the control group.

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29 July 2020 [Brigitte Holzinger](#) and [Lucille Mayer](#) published a [*scientific article*](#) based on the above image. The aim of this study was to describe and model neurophysiological evidence for the seven awareness criteria of lucid dreaming based on those proposed by Paul Tholey. Each of the awareness criteria was analyzed separately with regard to its underlying neurocircuits. They hypothesized that not one, but several regions are involved in the state of lucid dreaming.

Paul Tholey deceased in 1998 but was a pioneer when it came to dreaming. Paul Tholey was a [German Gestalt psychologist](#), and a professor of psychology and sports science at the University of Frankfurt and the Technical University of Braunschweig. Tholey started the study of oneirology in an attempt to prove that dreams occur in color

17 July 2020 another study was published. “[Findings From the International Lucid Dream Induction Study](#)”. Findings provided the strongest evidence to date that the MILD technique is effective for inducing lucid dreams.

About [80% of posttraumatic stress disorder](#) (PTSD) patients suffer from nightmares or dysphoric dreams that cause major distress and impact nighttime or daytime functioning. Lucid dreaming (LD) is a learnable and effective strategy to cope with nightmares and has positive effects on other sleep variables.

Another study, published in the journal Sleep, found that lucid dreaming can help to improve sleep quality in people with insomnia. The study participants who practiced lucid dreaming for four weeks showed significant improvements in sleep quality, compared to the control group.

If you are interested in trying lucid dreaming to help with anxiety, there are a number of resources available to help you get started. There are books, websites, and even apps that can teach you the basics of lucid dreaming.

It is important to note that lucid dreaming is not a cure for anxiety. However, it can be a helpful tool for managing anxiety symptoms and improving sleep quality. If you are considering using lucid dreaming to help with anxiety, it is important to talk to your doctor first.

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Here are some additional tips for using lucid dreaming to help with anxiety:

- **Start by practicing reality testing throughout the day.** This will help you to become more aware of your dreams and to identify when you are dreaming.
- **Try the wake back to bed (WBTB) technique.** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Repeat a mantra to yourself before you go to sleep.** The mantra can be something like, “I will know I am dreaming.” This will help to plant the suggestion in your subconscious mind that you will become lucid in your dreams.
- **Be patient.** It takes time and practice to learn how to lucid dream. Don’t get discouraged if you don’t have success right away.

Lucid dreaming can be a powerful tool for managing anxiety. If you are interested in trying lucid dreaming, there are a number of resources available to help you get started.

Resources for Lucid Dreaming

<https://howtolucid.com/lucid-dreaming-resources/>

How to Lucid Dream <https://www.sleepfoundation.org/dreams/lucid-dreams>

<https://www.thelucidguide.com>

<https://www.healthline.com/health/healthy-sleep/how-to-lucid-dream#when-to-see-a-doctor>

<https://corrosion-doctors.org/>



Reframe Your Thoughts

Your mindset is the way you think about yourself, your life, and the world around you. It is a collection of beliefs, attitudes, and assumptions that shape how you see the world and how you respond to it.

Your mindset can have a big impact on your life. A positive mindset can help you to achieve your goals, overcome challenges, and live a happy and fulfilling life. A negative mindset, on the other hand, can hold you back from achieving your goals, make it difficult to cope with challenges, and lead to a life of unhappiness and dissatisfaction.

If you are not happy with your current mindset, there are things you can do to change it. Here are a few tips:

- 1. Identify your negative thoughts and beliefs.** The first step to changing your mindset is to identify the negative thoughts and beliefs that are holding you back. What are the things you tell yourself about yourself, your life, and the world around you that are not serving you? Once you have identified these negative thoughts and beliefs, you can start to challenge them.

- 2. Challenge your negative thoughts and beliefs.** Once you have identified your negative thoughts and beliefs, you can start to challenge

MINDFUL HABITS



Practice
Gratitude



Notice your
thoughts



Accept your
emotions



Listen
Carefully



Breath
deeply



Focus on
the present

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them. Ask yourself if there is any evidence to support these thoughts and beliefs. Are they really true? Are there other ways to look at the situation? Once you have challenged your negative thoughts and beliefs, you can start to replace them with more positive ones.

3. **Focus on the positive.** It is important to focus on the positive aspects of your life. When you focus on the positive, it helps to shift your mindset from a negative one to a more positive one. Make a list of all the things you are grateful for, and focus on these things each day.
4. **Take action.** Once you have changed your mindset, it is important to take action. This means taking steps to achieve your goals and live the life you want. When you take action, it helps to reinforce your new mindset and make it more permanent.
5. **Be patient.** Changing your mindset takes time and effort. Don't expect to see results overnight. Just keep at it, and eventually you will see a change.

Here are some tips on how to get in touch with your feelings:

- **Pay attention to your body.** When you are feeling an emotion, your body will often give you clues. For example, if you are feeling angry, you might notice that your heart is racing or that your muscles are tense. If you are feeling sad, you might notice that you have a lump in your throat or that you are feeling tired.
- **Name your emotions.** Once you have noticed how your body is feeling, try to name the emotion. This can be difficult, especially if you are not used to paying attention to your emotions. However, it is important to be able to name your emotions in order to process them effectively.
- **Express your emotions in a healthy way.** Once you have named your emotions, you can start to express them in a healthy way. This might involve talking to a friend or therapist, writing in a journal, or doing something creative like painting or singing. It is important to find a way to express your emotions that feels safe and comfortable for you.
- **Be patient with yourself.** Getting in touch with your feelings takes time and practice. Don't expect to be able to do it perfectly overnight. Just keep practicing and eventually you will get better at it.

SELF LOVE PRACTICES



Forgive
yourself



Do what
makes
you happy



Take good
care of
your body



Stop
Criticising
Yourself



Hang out
with
positive
people



Stand-up
for
yourself

Here are some additional tips:

- **Create a safe space for yourself.** This could be a place in your home where you can go to relax and be alone with your thoughts and feelings. Make sure that the space is comfortable and free from distractions.

- **Practice mindfulness.** Mindfulness

is the practice of paying attention to the present moment without judgment. There are many different ways to practice mindfulness, such as meditation, yoga, or simply taking a few deep breaths when you are feeling overwhelmed.

- **Talk to someone you trust.** Talking to a friend, family member, therapist, or other trusted person can be helpful when you are struggling to deal with your emotions. They can offer support and guidance as you work through your feelings.

If you are struggling to get in touch with your feelings, it is important to seek professional help. A therapist can help you to understand your emotions and develop healthy coping mechanisms.

I hope these tips help you to get in touch with your feelings.

Remember, it is a process and it takes time. Be patient with yourself and don't give up.

Changing your mindset is not easy, but it is possible. If you are willing to put in the effort, you can change your mindset and start living a happier and more fulfilling life.

Here are some other ways to rewire your brain:

- **Read positive books and articles.** Surround yourself with positive messages and inspiration.

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- **Spend time with positive people.** The people you spend time with have a big impact on your mindset. Make sure you are spending time with people who are supportive and encouraging.
- **Practice gratitude.** Each day, take some time to focus on the things you are grateful for. This will help to shift your focus to the positive.
- **Meditate or do yoga.** Meditation and yoga are great ways to calm your mind and focus on the present moment. This can help to reduce stress and negative thoughts.
- **Get enough sleep.** When you are well-rested, you are better able to cope with stress and negative thoughts.
- **Eat healthy foods.** Eating healthy foods gives you the energy you need to cope with stress and negative thoughts.
- **Exercise regularly.** Exercise is a great way to reduce stress and improve your mood.
- **Seek professional help.** If you are struggling to change your mindset on your own, consider seeking professional help from a therapist or counselor.

Mindfulness practice speaks to our soul as it sheds its drudge of toxic, trauma that prevents us from being our created self (lower ego).

Thich Nhat Hanh, <https://plumvillage.org> was a Vietnamese Buddhist monk, peace activist, author, and teacher. He is considered one of the most influential figures in the development of mindfulness in the West. Thich Nhat Hanh developed mindfulness practice as a way to help people live more peaceful and fulfilling lives. He believed that mindfulness could help people to:

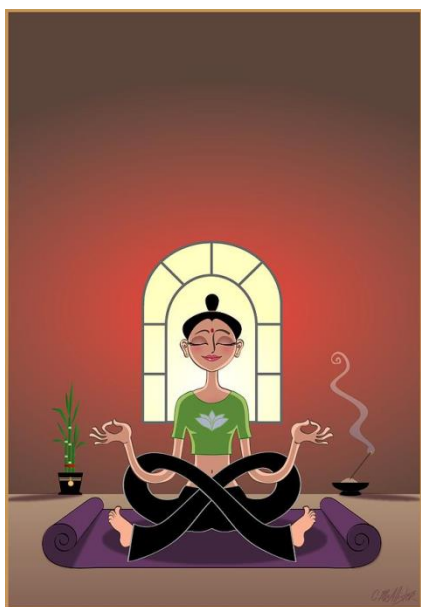
- **Reduce stress and anxiety:** Mindfulness can help people to become more aware of their thoughts and feelings, and to learn to let go of negative thoughts and emotions.
- **Improve focus and concentration:** Mindfulness can help people to focus their attention on the present moment, and to avoid getting caught up in the past or the future.
- **Increase self-awareness:** Mindfulness can help people to become more aware of their own thoughts, feelings, and bodily sensations. This can lead to a greater understanding of oneself and one's place in the world.
- **Build compassion and empathy:** Mindfulness can help people to develop a greater understanding of the suffering of others, and to cultivate compassion and empathy.

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- **Create a more peaceful world:** Mindfulness can help people to live more peacefully with themselves and with others. This can contribute to the creation of a more peaceful world.

Thich Nhat Hanh taught mindfulness through a variety of methods, including meditation, yoga, and walking meditation. He also wrote extensively about mindfulness, and his books have been translated into over 50 languages.

Thich Nhat Hanh's work has had a profound impact on the development of mindfulness in the West. His teachings have helped to make mindfulness more accessible to people of all backgrounds, and have helped to promote mindfulness as a way to improve mental health and well-being.



Sure. Reframing our internal thoughts is the process of changing the way we think about a situation. This can be helpful in yoga because it can help us to focus on the present moment and to let go of negative thoughts and emotions.

When we are practicing yoga, it is important to focus on our breath and our bodies. This can be difficult if we are caught up in negative thoughts. Reframing our thoughts can help us to focus on the present moment and to let go of negative thoughts.

For example, if we are feeling anxious about a yoga pose, we can reframe our thoughts by telling ourselves that

we are strong and capable. We can also focus on our breath and our bodies to help us to stay present in the moment.

Reframing our thoughts can be a helpful tool for improving our yoga practice. It can help us to focus on the present moment, to let go of negative thoughts, and to enjoy our yoga practice more.

Here are some tips for reframing our internal thoughts during yoga:

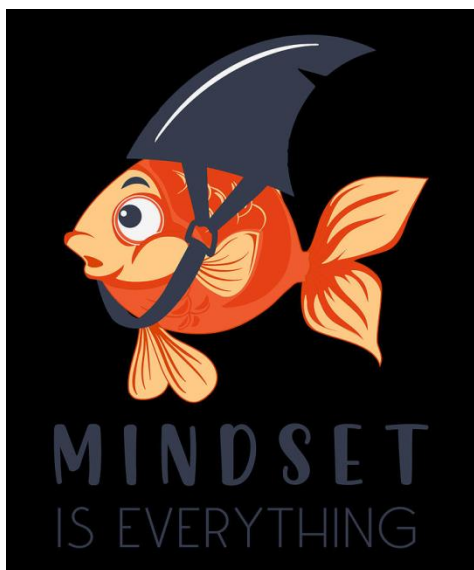
- **Be aware of your thoughts.** The first step is to be aware of your thoughts. When you notice a negative thought, don't judge it. Just observe it.

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- **Challenge your thoughts.** Once you are aware of your thoughts, you can start to challenge them. Ask yourself if the thought is really true. Is there another way to look at the situation?
- **Replace your thoughts with positive ones.** Once you have challenged your thoughts, you can replace them with positive ones. This doesn't mean that you have to deny the negative thought or pretend that it doesn't exist. It simply means that you can choose to focus on a more positive perspective.
- **Be patient.** Reframing our thoughts takes time and practice. Don't expect to change your thoughts overnight. Just keep practicing and eventually you will see results.

If you are struggling to reframe your internal thoughts on your own, consider talking to a therapist or counselor. They can help you to learn how to reframe your thoughts effectively.

The mind is everything. What you think, you become.



Your mindset is the way you think about yourself, your life, and the world around you. It is a collection of beliefs, attitudes, and assumptions that shape how you see the world and how you respond to it.

Your mindset can have a big impact on your life. A positive mindset can help you to achieve your goals, overcome challenges, and live a happy and fulfilling life. A negative mindset, on the other hand, can hold you back from achieving your goals, make it difficult to cope with

challenges, and lead to a life of unhappiness and dissatisfaction.

Our current mindset no matter what our age will always be filtered through the lens of how we perceived the world at growing up. If there was trauma in the household it could have lifelong affect on ourselves if we don't heal from this. This is why a trauma informed yoga practice really goes deep into our soul to heal.

Trauma comes in so many different faces. Sex abuse, physical abuse, emotional abuse, mental abuse, natural disasters, or even a death of a parent or sibling. All these contribute to how we frame our selves and project ourselves to others. Either we project honesty and transparency or a really good act of masking how we truly feel. I often think of the life long challenges the elementary school age child may have due to be isolated from friends during our Covid-19 lockdowns globally.

Trauma can have a profound impact on a person's mindset. It can change the way they think about themselves, the world, and their future. Some of the common ways that trauma can affect a person's mindset include:

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- **Feeling unsafe and helpless.** After a traumatic event, people may feel like they can't trust the world around them. They may feel like they're constantly in danger and that they can't do anything to protect themselves. This can lead to feelings of anxiety, fear, and hypervigilance.
- **Having difficulty trusting others.** Trauma can also make it difficult for people to trust others. They may be afraid that others will hurt them or betray them. This can lead to isolation and loneliness.
- **Having low self-esteem.** Trauma can also damage a person's self-esteem. They may feel like they're not good enough, that they're to blame for what happened, or that they're not worthy of love and happiness. This can lead to feelings of shame, guilt, and worthlessness.
- **Having difficulty coping with stress.** Trauma can make it difficult for people to cope with stress. They may be more likely to experience anxiety, depression, and other mental health problems. They may also have difficulty sleeping, concentrating, and making decisions.
- **Having difficulty forming relationships.** Trauma can make it difficult for people to form close relationships. They may be afraid of being hurt or rejected. They may also have difficulty trusting others. This can lead to isolation and loneliness.

Here are some scientific articles on how trauma changes DNA:

- **Epigenetic Modifications in Stress Response Genes Associated With Childhood Trauma**

<https://www.frontiersin.org/articles/10.3389/fpsy.2019.00808/full>

This study found that childhood trauma is associated with epigenetic changes in genes that are involved in stress response. These changes may be a way that the body tries to adapt to the trauma, but they can also lead to long-term health problems.

- **Parents' Emotional Trauma May Change Their Children's Biology. Studies in Mice Show How**

<https://www.science.org/content/article/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how>

This study found that trauma in mice can be passed down to their offspring. The offspring of traumatized mice had changes in their DNA that were associated with increased anxiety and depression.

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- **Intergenerational Transmission of Trauma Effects: Putative Role of Epigenetic Mechanisms**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6127768/>

This review article discusses the evidence for intergenerational transmission of trauma. The authors suggest that epigenetic changes may be a way that trauma is passed down from parents to children.

- **The Effects of Trauma, with or without PTSD, on the Transgenerational DNA Methylation Alterations in Human Offsprings**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5977074/>

This study found that children of war veterans with PTSD had changes in their DNA methylation. These changes were associated with increased risk for anxiety and depression.

These are just a few examples of the scientific research on how trauma can change DNA. This is an area of active research, and scientists are still learning about the mechanisms involved. However, the evidence suggests that trauma can have a lasting impact on our genes, which can contribute to a variety of health problems.

If you are not happy with your current mindset, there are things you can do to change it. Here are a few tips:



1. **Identify your negative thoughts and beliefs.** The first step to changing your mindset is to identify the negative thoughts and beliefs that are holding you back. What are the things you tell yourself about yourself, your life, and the world around you that are not serving you? Once you have identified these negative thoughts and beliefs, you can start to challenge them.
2. **Challenge your negative thoughts and beliefs.** Once you have identified your negative thoughts and beliefs, you can start to challenge them. Ask yourself if there is any evidence to support these thoughts and beliefs. Are they really true? Are there other ways to look at the situation? Once you have challenged your

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negative thoughts and beliefs, you can start to replace them with more positive ones.

3. **Focus on the positive.** It is important to focus on the positive aspects of your life. When you focus on the positive, it helps to shift your mindset from a negative one to a more positive one. Make a list of all the things you are grateful for, and focus on these things each day.
4. **Take action.** Once you have changed your mindset, it is important to take action. This means taking steps to achieve your goals and live the life you want. When you take action, it helps to reinforce your new mindset and make it more permanent.
5. **Be patient.** Changing your mindset takes time and effort. Don't expect to see results overnight. Just keep at it, and eventually you will see a change.

Here are some changing your mindset affirmations:

- I am capable of achieving my goals.
- I am worthy of love and respect.
- I am enough just the way I am.
- I am in control of my thoughts and my life.
- I am grateful for all the good in my life.
- I am excited about the future.
- I am open to new experiences.
- I am learning and growing every day.
- I am surrounded by people who love and support me.
- I am strong and capable.
- I am worthy of happiness.

Repeating these affirmations to yourself can help to change your mindset and create a more positive outlook on life. It is important to choose affirmations that resonate with you and that you believe in. You can also write down your affirmations and put them in places where you will see them often, such as on your mirror or on your refrigerator.

<https://hh-hm.com/positive-morning-affirmations-for-happiness-confidence-and-success/>

50+ MORNING AFFIRMATIONS

FOR CONFIDENCE, SUCCESS AND HAPPINESS

- 
1. I do what I love. I am so grateful.
 2. Something wonderful is going to happen today.
 3. I am brave, smart, kind and beautiful.
 4. I love my body, mind and soul
 5. I trust the timing of my life
 6. I am a good person.
 7. I deserve the best.
 8. I know who I am and I know I am enough.
 9. I make great decisions.
 10. I am in charge of my life.
 11. I am proud of myself.
 12. Today is full of opportunities.

+ 44 MORE AT WWW.HH-HM.COM

Changing your mindset is not easy, but it is possible. If you are willing to put in the effort, you can change your mindset and start living a happier and more fulfilling life.

Here are some additional tips for changing your mindset:

- **Read positive books and articles.** Surround yourself with positive messages and inspiration.
- **Spend time with positive people.** The people you spend time with have a

big impact on your mindset. Make sure you are spending time with people who are supportive and encouraging.

- **Practice gratitude.** Each day, take some time to focus on the things you are grateful for. This will help to shift your focus to the positive.
- **Meditate or do yoga.** Meditation and yoga are great ways to calm your mind and focus on the present moment. This can help to reduce stress and negative thoughts.
- **Get enough sleep.** When you are well-rested, you are better able to cope with stress and negative thoughts.
- **Eat healthy foods.** Eating healthy foods gives you the energy you need to cope with stress and negative thoughts.
- **Exercise regularly.** Exercise is a great way to reduce stress and improve your mood.
- **Seek professional help.** If you are struggling to change your mindset on your own, consider seeking professional help from a therapist or counselor.

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Yoga is a mind and body practice that has been shown to be effective in treating a variety of conditions, including trauma. There are many ways that yoga can help to heal trauma, including:

- **Reduces stress and anxiety:** Yoga can help to reduce stress and anxiety by calming the nervous system and promoting relaxation. This can be helpful for people who are struggling with the symptoms of post-traumatic stress disorder (PTSD), such as flashbacks, nightmares, and anxiety.
- **Improves sleep:** Yoga can also help to improve sleep by reducing stress and anxiety. This is important for people with PTSD, who often have difficulty sleeping.
- **Increases self-awareness:** Yoga can help to increase self-awareness by helping people to pay attention to their thoughts, feelings, and bodily sensations. This can be helpful for people who are struggling to cope with the effects of trauma.
- **Promotes emotional regulation:** Yoga can help to promote emotional regulation by teaching people how to manage their emotions in a healthy way. This can be helpful for people who are struggling with emotional dysregulation, which is a common symptom of PTSD.
- **Builds community:** Yoga can also help to build community by providing a safe and supportive space for people to connect with others who have experienced trauma. This can be helpful for people who are feeling isolated and alone.

If you are interested in trying yoga to help heal trauma, it is important to find a qualified yoga instructor who is experienced in working with people who have experienced trauma. You should also start slowly and gradually increase the intensity of your practice as you feel comfortable.

Here are some research articles that show the effectiveness of yoga in healing trauma:

- **A Systematic Review of Yoga Interventions for Posttraumatic Stress Disorder**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6298189/>

This study reviewed 22 studies that looked at the effects of yoga on PTSD. The results showed that yoga was effective in reducing PTSD symptoms, including intrusive thoughts, nightmares, and anxiety.

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- **Yoga as a Complementary Treatment for Posttraumatic Stress Disorder: A Qualitative Descriptive Analysis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5404814/>

This study interviewed 15 women who had used yoga to treat PTSD. The women reported that yoga helped them to reduce stress, anxiety, and depression. They also said that yoga helped them to improve their sleep, concentration, and overall well-being.

- **The Effects of Yoga on Posttraumatic Stress Disorder Symptoms: A Randomized Controlled Trial**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516597/>

This study randomly assigned 100 people with PTSD to either a yoga intervention or a waitlist control group. The yoga intervention consisted of 12 weeks of weekly yoga classes. The results showed that the yoga intervention was effective in reducing PTSD symptoms, including intrusive thoughts, nightmares, and anxiety.

- **Yoga for Posttraumatic Stress Disorder: A Review of the Literature**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5804312/>

This study reviewed the research on the use of yoga for PTSD. The authors concluded that yoga is a promising treatment for PTSD and that more research is needed to confirm its effectiveness.

These are just a few examples of the research on the effectiveness of yoga in healing trauma. Yoga is a safe and effective way to reduce stress, anxiety, and depression. It can also help to improve sleep, concentration, and overall well-being. If you are struggling with the effects of trauma, consider trying yoga to see if it can help you on your healing journey.

It is important to note that yoga is not a cure for trauma, but it can be a helpful tool in the healing process. If you are considering using **yoga to treat trauma**, it is important to talk to a qualified yoga instructor who is experienced in working with people who have experienced trauma. You should also start slowly and gradually increase the intensity of your practice as you feel comfortable.

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Here are some additional tips for using yoga to heal trauma:

- **Choose a style of yoga that is appropriate for your needs.** There are many different styles of yoga, and some may be more helpful for trauma than others. For example, gentle yoga styles, such as hatha or restorative yoga, may be a good choice for people who are new to yoga or who are struggling with physical or emotional pain.
- **Find a supportive yoga community.** Yoga can be a powerful tool for healing trauma, but it can be even more helpful when you are surrounded by a supportive community of people who understand what you are going through. Look for a yoga studio or class that offers a safe and welcoming environment for people who have experienced trauma.
- **Be patient with yourself.** Healing from trauma takes time and effort. Don't expect to feel better overnight. Be patient with yourself and allow yourself to heal at your own pace.

Yoga is a powerful tool that can help to heal trauma. If you are struggling with the effects of trauma, consider trying yoga to see if it can help you on your healing journey.

Trauma-Informed Yoga

Trauma echoes in the brain, and effective treatment quiets the reverberations of the echo



Stress hormones like cortisol, adrenaline, and norepinephrine, are vital for survival...

...but too much of them can dysregulate the body's systems



Yoga helps bring the body's systems back into balance

HPA Axis: Hypothalamic-Pituitary-Adrenal Network

HPA axis modulates body's stress response and regulates hormones



Yoga helps reset the HPA axis and keeps the network in harmony

A balanced HPA axis means...

- Lower psychological stress
- Well-regulated appetite and metabolism
- Regulated blood sugar levels
- Effective immune system functioning

Heart Rate Variability (HRV)



Yoga increases HRV, an indicator of the body's ability to respond flexibly to stress



Higher HRV= greater resiliency and improved ability to respond to stress

Vagus Nerve



The largest cranial nerve in the body, impacts the respiratory, digestive, and nervous systems

Yoga increases parasympathetic nervous system dominance by stimulating the vagus nerve

Resulting in... relaxed, comfortable, intentional, optimal functioning

Research supports yoga's effectiveness as a complementary treatment

Significant system improvement:

- Reduced PTSD symptoms, dissociation, insomnia, stress depression, and anxiety
- Improved resilience

Yoga helps improve arousal regulation, autonomic function, respiration, blood pressure, and heart rate



Helps youth build self-regulation skills



Significant improvements for military veterans with combat-related PTSD

van der Kolk, et al., 2014 | Rhodes et al., 2016 | Price et al., 2017 | Spinazzola et al., 2011 | Jindani et al., 2015 | Cabral et al., 2011 | Cushing & Braun 2017 | van der Kolk, 2006 | Streeter et al., 2018 | Streeter et al., 2012

Core Components of Trauma-Informed Yoga

- Helps people connect with and find safety in the body
- Promotes healing by facilitating resourcing in the physical body
- Cultivates groundedness and centeredness
- Invites people to be in contact with emotion: without lashing in or lashing out
- Orients people to time and space using senses to stay present



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Resources

- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory:

<https://www.psychologytoday.com/us/therapists>



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Self Assessment and Yoga



Yoga is a mind-body practice that has been around for centuries. It is a great way to improve your physical and mental health, and it can also be a powerful tool for self-assessment.

Self-assessment is the process of evaluating your own strengths and weaknesses. It is an important part of personal growth and development, and it can help you to make better decisions about your life.

In the metaphysical, spiritual, and yoga communities you hear the term, “Check-In” with yourself. When a person

is healing from trauma, anxiety, or depression, I know of this from personal experience, you don’t trust yourself. In so doing of “checking-in” with ourselves can be a daunting experience. Or even cause more PTSD triggering responses. Be mindful of this, do some self-love, find a safe space, and try checking-in with yourself. **Know you can pause/stop** at anytime you may experience a flood of emotions.

Here are some better ways to say “Know you can pause/stop at anytime you may experience a flood of emotions”:

- “It’s okay to take a break if you’re feeling overwhelmed.”
- “You don’t have to push through your emotions if you’re not ready.”
- “It’s okay to take a few minutes to calm down.”



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- “You can always come back to this later.”
- “There’s no rush.”

It’s important to remember that everyone experiences emotions differently. Some people may feel overwhelmed by their emotions, while others may be able to manage them more easily. If you’re feeling overwhelmed, it’s important to give yourself permission to take a break. There’s no need to push through your emotions if you’re not ready.

Here are some additional tips for managing overwhelming emotions:

- **Take a few deep breaths.** This can help to calm your body and mind.
- **Identify what you’re feeling.** Once you know what you’re feeling, you can start to understand it better.
- **Talk to someone you trust.** Talking about your emotions can help you to process them and feel better.
- **Do something you enjoy.** Doing something you enjoy can help to take your mind off of your emotions.
- **Get some exercise.** Exercise can help to release endorphins, which have mood-boosting effects.

I found a useful tool (PDF) of Zones of Regulation. Which to be honest, is very remedial. Yet sometimes that is the best way to learn. It helps you identify where you are at in the present moment.

<https://bit.ly/ZonesOfRegulation-DSY>

If you’re struggling to manage your emotions, it’s important to seek professional help. A therapist can teach you coping mechanisms and help you to understand your emotions better.

Checking in with yourself is the act of taking a moment to pause and reflect on your thoughts, feelings, and bodily sensations. It can be a helpful way to become more aware of your inner world and to identify any areas that may need attention.

There are many different ways to check in with yourself. Some people find it helpful to set aside a specific time each day, such as first thing in the morning or before bed. Others prefer to check in more spontaneously, whenever they feel the need.

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Here are a few simple ways to check in with yourself:

- **Take a few deep breaths.** This can help to calm your body and mind and make it easier to focus on your inner experience.
- **Ask yourself how you're feeling.** What emotions are you aware of? Are you feeling happy, sad, angry, or something else?
- **Pay attention to your body.** Where do you feel tension or tightness? Are there any areas of your body that feel particularly relaxed?
- **Bring your awareness to your thoughts.** What are you thinking about? Are your thoughts positive, negative, or neutral?

Once you've taken some time to check in with yourself, you may want to reflect on what you've learned. Are there any areas that you'd like to focus on? Are there any changes you'd like to make?

Checking in with yourself is a skill that takes practice. The more you do it, the easier it will become. And the more you check in with yourself, the more you'll learn about yourself and the better equipped you'll be to take care of yourself.

Self Assessment



I can do this!



I'm getting there.



I need help!

Here are a few tips for improving on scanning yourself internally:

- **Be patient and gentle with yourself.** It takes time and practice to become more aware of your

inner world. Don't get discouraged if you don't see results immediately.

- **Find a method that works for you.** There is no one right way to check in with yourself. Experiment with different methods until you find one that feels comfortable and effective.
- **Make it a habit.** The more you check in with yourself, the easier it will become. Try to make it a daily practice, even if it's just for a few minutes.

Checking in with yourself is a powerful tool for self-awareness and self-care. By taking the time to tune in to your inner world, you can learn more about yourself and make choices that are in alignment with your needs.

Yoga can help you with self-assessment in a number of ways. **First,** yoga can help you to become more aware of your body. When you

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practice yoga, you pay attention to your breath, your alignment, and your body sensations. This increased awareness can help you to identify areas of tension or tightness in your body, which can be a sign of emotional or mental stress.

Second, yoga can help you to develop a more positive relationship with your body. When you practice yoga, you learn to appreciate your body for its strength and flexibility. This can help you to feel more confident and comfortable in your own skin.

Third, yoga can help you to develop a more mindful approach to life. When you practice yoga, you learn to focus on the present moment and to let go of thoughts about the past or the future. This can help you to become more aware of your thoughts and feelings, which can be helpful for self-assessment.

If you are interested in **using yoga for self-assessment**, there are a few things you can do. **First**, find a yoga class that is appropriate for your level of experience. **Second**, make sure to listen to your body and not push yourself too hard. **Third**, take some time after class to reflect on your experience. What did you notice about your body? What thoughts and feelings came up for you?



Yoga can be a powerful tool for self-assessment. If you are willing to put in the effort, it can help you to improve your physical and mental health, and it can also help you to make better decisions about your life.

Here are some additional tips for using yoga for self-assessment:

- **Keep a yoga journal:** Write down your thoughts and feelings before, during, and after yoga practice. This can help you to track your progress and to identify patterns in your thoughts and feelings.
- **Talk to your yoga teacher:** Your yoga teacher can offer guidance and support as you use yoga for self-assessment.
- **Join a yoga community:** There are many yoga communities online and in your local area. Joining a yoga community can

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provide you with support and accountability as you use yoga for self-assessment.

Yoga is a journey, and self-assessment is an ongoing process. There is no right or wrong way to do it. The most important thing is to be patient and to be kind to yourself.

Resources

Here are some deep questions on becoming self-aware:

- What are my strengths and weaknesses?
- What are my values?
- What are my goals?
- What motivates me?
- What are my fears?
- What are my triggers?
- What are my patterns of behavior?
- What are my beliefs about myself and the world?
- How do I communicate with others?
- How do I handle conflict?
- How do I deal with stress?
- How do I take care of myself physically, mentally, and emotionally?

These are just a few examples of deep questions that can help you to become more self-aware. By taking the time to reflect on these questions, you can learn more about yourself and make choices that are in alignment with your needs.

Here are some additional tips for becoming self-aware:

- **Pay attention to your thoughts, feelings, and bodily sensations.** What are you thinking about? How are you feeling? Where do you feel tension or tightness in your body?
- **Be honest with yourself.** It can be difficult to face our own truths, but it is essential for self-awareness.
- **Be patient.** Self-awareness is a journey, not a destination. It takes time and practice to become more aware of ourselves.
- **Seek help from a therapist or counselor.** If you are struggling to become more self-aware, a therapist or counselor can provide you with support and guidance.

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Becoming self-aware is a journey, but it is a journey that is worth taking. By becoming more aware of ourselves, we can make choices that are in alignment with our needs and live a more fulfilling life. As with life, this too is a journey and not a destination!

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Learning how to accept yourself for who you are, flaws and all

Gripping, captive, and plausible surprises awaited me while watching the 2022 movie, [Three Thousand Years of Longing](#). Basically the story of the Jinn inside the bottle story. But this one had educated, plausible expansions. Which immediately got my attention on this sleeper film.



The movie has a great script, actors and shocking but intriguing entrance of Queen and Sheeba and Solomon. This is how I've ALWAYS looked at Solomon. Throughout the course of the movie the Jinn speaks of being trapped for almost 3000 years. The Jin explains that all

Jinns are electromagnetic energy of smoke. And that they while in their true ethereal selves they breath in the stories the Jinns extol.

A lightbulb went off in my head. Is that not us? Spiritual beings having a physical expression. Now in the movie a line is stated about the fire and brimstone churches that extol of heredity sin. Again like the movie there is truth in that. There is no way to be a human on earth, unless the spiritual being inside, is working through karma. So in a sense karma is heredity.

While studying [Centering Prayer](#) with [Fr. Thomas Keating](#), he spoke on how meditation is a process. I truly appreciated the odd moments he would call me and I would just listen to his wisdom. In his teaching he elucidated upon how through the journey of "silence" in meditation, in time it breaks down the dregs of past trauma, pain,

anger, tears, etc has surrounded our heart. Our true inner soul, our "spiritual being". The same is true on any spiritual deeper path. Yoga goes hand and hand with meditation.



Dharma Seeds Yoga

Fr. Thomas Keating was a Catholic monk and spiritual teacher who is known for his work on Christian meditation. He taught that meditation is a way to open ourselves to God's love and healing. He believed that through meditation, we can release the pain, anger, and trauma that we have been carrying around in our hearts.

In his book, *Open Mind, Open Heart*, Keating writes: "Meditation is a way of opening ourselves to the presence of God. It is a way of letting go of our attachments to the past and present, and opening ourselves to the possibility of a new future. Meditation is a way of healing the wounds of our hearts, and of opening ourselves to the love of God."

Keating believed that meditation can help us to break down the dregs of past trauma, pain, anger, and tears that have encased around our hearts in a number of ways. First, meditation helps us to become more aware of our thoughts and feelings. When we are aware of our thoughts and feelings, we can begin to understand them and to let go of them. Second, meditation helps us to develop compassion for ourselves and for others. When we have compassion for ourselves, we can begin to forgive ourselves for the pain that we have caused ourselves and others. Third, meditation helps us to connect with God's love. When we connect with God's love, we can begin to heal the wounds of our hearts.



Contemplative
Outreach

Keating's teachings on meditation have been helpful to many people who are struggling with the

pain of the past. If you are interested in learning more about meditation, I encourage you to read Fr. Thomas Keating's books or to find a meditation teacher in your area.

But how to lovingly, mindfully, embrace the junk as it processes out of our soul can be tricky. Thankfully, [Thich Nhat Hahn](#) through his Mindfulness teachings can assist us. He was a mentor in so many ways to me throughout my latter years in life. His simple, loving, gentle ways of reminding us of our true purpose in the present moment.

Thich Nhat Hahn, a Vietnamese Buddhist monk, peace activist, and author, taught that depression is a natural human emotion that can be caused by a variety of factors, including stress, trauma, and loss. He

Anxiety/Depression Workbook Supplement

believed that the best way to deal with depression is to acknowledge our feelings, to be kind to ourselves, and to take care of our physical and emotional needs.

Here are some of Thich Nhat Hahn's teachings on dealing with depression:

- **Acknowledge your feelings.** It's okay to feel sad, angry, or frustrated. Don't try to bottle up your emotions.
- **Be kind to yourself.** Talk to yourself the way you would talk to a friend who is feeling down.
- **Take care of your physical and emotional needs.** Get enough sleep, eat healthy foods, and exercise regularly.
- **Practice mindfulness.** Mindfulness is the practice of paying attention to the present moment without judgment.

It can help you to calm your mind and reduce stress.

- **Connect with others.** Spend time with loved ones who support you.
- **Seek professional help if needed.** If you are struggling to cope with depression, it is important to seek professional help. A therapist can help you to understand your depression and develop healthy coping mechanisms.

If you are struggling with depression, please remember that you are not alone. There are many people who have experienced depression, and there are many resources available to help you. With time and effort, you can learn to manage your depression and live a happy and fulfilling life.

<https://www.lionsroar.com/thich-nhat-hanh-my-calligraphy-contains-mindfulness-and-tea/>

Part of the reason for this series of articles and my new book, *Anxiety and Depression Workbook*, which unites lucid dreams, trauma, depression, and eventually our healing with using trauma-informed

Dharma Seeds Yoga

yoga and meditation. I know this from the horrific trauma from my own childhood, my PTSD as a result, and my depression from how my trauma *ancestral* extensive arrested development.

Ancestral trauma is a term used to describe the emotional and psychological pain that is passed down from generation to generation. It can be caused by a variety of factors, including war, genocide, slavery, and natural disasters. Ancestral trauma can manifest in a variety of ways, including physical and mental health problems, addiction, and relationship problems.

There is no one-size-fits-all treatment for ancestral trauma. However, there are a number of things that can help, including therapy, group support, and spiritual practices. It is important to find a treatment approach that works for you and your family.

If you are struggling with ancestral trauma, it is important to remember that you are not alone. There are many people who have experienced this type of trauma, and there are many resources available to help you heal.

Here are some of the signs and symptoms of ancestral trauma:

- **Physical symptoms:** fatigue, headaches, stomachaches, muscle tension, and sleep problems
- **Emotional symptoms:** anxiety, depression, anger, guilt, shame, and grief
- **Behavioral symptoms:** substance abuse, self-harm, and risky sexual behavior
- **Relationship problems:** difficulty trusting others, difficulty forming close relationships, and difficulty expressing emotions

If you are experiencing any of these symptoms, it is important to seek professional help. A therapist can help you to understand your trauma and develop healthy coping mechanisms.

Here are some of the ways to heal from ancestral trauma:

- **Talk to someone you trust:** Talking about your trauma can help you to process it and begin to heal.
- **Seek professional help:** A therapist can help you to understand your trauma and develop healthy coping mechanisms.

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- **Learn about your family history:** Learning about your family history can help you to understand the root of your trauma.
- **Connect with your culture:** Connecting with your culture can help you to feel a sense of belonging and support.
- **Practice self-care:** Taking care of your physical and emotional health is essential for healing from trauma.
- **Be patient with yourself:** Healing from trauma takes time. Be patient with yourself and don't expect to feel better overnight.

If you are struggling with ancestral trauma, please know that you are not alone. There are many people who have experienced this type of trauma, and there are many resources available to help you heal.

My healing came from personally meeting, corresponding with a wide array of spiritual mentors. This was a result of a life changing mid life trauma and the awareness I was morally, ethically, spiritually and emotionally unhealthy. I was at the bottom of the barrel so to speak.



I am forever indebted to those early spiritual mentors of mine. [Dan Millman](#), Thich Nhat Hahn, [Larry and Peggy Ward](#), Fr. Thomas Keating, [Pema Chodron](#), [John Friend](#), [Gurumayi Chidvilasananda](#), [Fr. Bede Griffiths](#), last but not least. [Sister Joan Chittister](#). It was exhausting, grueling at times, rewarding, and so freeing to go through the process of learning

deep spiritual connections with self and rituals that deepen this awareness. Over thirty years later my present life is more enriching than the first half of my life. So yes, I know this process works on healing. Remember this gem of advice I received from all my mentors. **This is a practice and not a perfection!** Be easy with yourself, create a safe clean space for you to do yoga/meditation, and love yourself even as you work through your flaws.

Yoga and meditation are both mind-body practices that have been shown to be effective in reducing stress, anxiety, and depression. They can also help to improve physical health, sleep quality, and overall well-being. Both of these practices have been on going for over thirty years, and I just feel I am just barely scratching the surface of all their

Dharma Seeds Yoga

benefits. One day at a time, one week at a time, one month at a time, one year at time was my moto I lived by. It will always serve you well. Yoga is a physical practice that combines postures, breathing exercises, and meditation. It can help to release tension in the body and mind, and it can also help to improve flexibility and strength.

Meditation is a mental practice that involves focusing the mind on a single point, such as the breath or a mantra. It can help to calm the mind and reduce stress.

Both yoga and meditation can help to break down the dregs of past trauma, pain, anger, and tears that have surrounded our hearts in a number of ways. Here are some of the ways yoga and meditation can help:

- **Increase self-awareness:** Yoga and meditation can help us to become more aware of our thoughts, feelings, and bodily sensations. This can help us to identify and understand the emotions that are associated with past trauma.
- **Reduce stress:** Yoga and meditation can help to reduce stress, which can help to reduce the intensity of emotional pain.
- **Improve mood:** Yoga and meditation can help to improve mood and increase feelings of well-being. This can make it easier to cope with the emotional pain of past trauma.
- **Increase self-compassion:** Yoga and meditation can help us to develop self-compassion, which can help us to be more understanding and accepting of ourselves, including the parts of ourselves that are associated with past trauma.
- **Increase resilience:** Yoga and meditation can help us to increase our resilience, which can help us to cope with future challenges.

If you are struggling with the emotional pain of past trauma, yoga and meditation can be helpful tools. However, it is important to find a qualified yoga instructor and meditation teacher who can help you to learn these practices safely and effectively.

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Trauma-Informed Yoga

Trauma echoes in the brain, and effective treatment quiets the reverberations of the echo



Stress hormones like cortisol, adrenaline, and norepinephrine, are vital for survival...

...but too much of them can dysregulate the body's systems



Yoga helps bring the body's systems back into balance

HPA Axis: Hypothalamic-Pituitary-Adrenal Network

HPA axis modulates body's stress response and regulates hormones



Yoga helps reset the HPA axis and keeps the network in harmony

A balanced HPA axis means...

- Lower psychological stress
- Well-regulated appetite and metabolism
- Regulated blood sugar levels
- Effective immune system functioning

Heart Rate Variability (HRV)



Yoga increases HRV, an indicator of the body's ability to respond flexibly to stress

Higher HRV= greater resiliency and improved ability to respond to stress



Vagus Nerve



The largest cranial nerve in the body, impacts the respiratory, digestive, and nervous systems

Yoga increases parasympathetic nervous system dominance by stimulating the vagus nerve

Resulting in... relaxed, comfortable, intentional, optimal functioning

Research supports yoga's effectiveness as a complementary treatment

Significant system improvement:

- Reduced PTSD symptoms, dissociation, insomnia, stress depression, and anxiety
- Improved resilience

Yoga helps improve arousal regulation, autonomic function, respiration, blood pressure, and heart rate



Helps youth build self-regulation skills



Significant improvements for military veterans with combat-related PTSD

van der Kolk, et al., 2014 | Rhodes et al., 2016 | Price et al., 2017 | Spinazzola et al., 2011 | Jindani et al., 2015 | Cabral et al., 2011 | Cushing & Braun 2017 | van der Kolk, 2006 | Streeter et al., 2018 | Streeter et al., 2012

Core Components of Trauma-Informed Yoga

- Helps people connect with and find safety in the body
- Promotes healing by facilitating resourcing in the physical body
- Cultivates groundedness and centeredness
- Invites people to be in contact with emotion: without lashing in or lashing out
- Orients people to time and space using senses to stay present



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<http://mindbodymandala.com/tag/kirtan/>

Resources

- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga->

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[social-justice-and-leadership-a-200-hour-yoga-teacher-training/](#)

You can also find a therapist in your area by visiting the Psychology Today therapist directory:

<https://www.psychologytoday.com/us/therapists>

Dharma Seeds Yoga

Yoga for Mental Clarity

Boundaries are essential for our mental and emotional health. They help us to protect ourselves from being taken advantage of, and they allow us to feel safe and secure. Yoga can be a helpful tool for learning how to set boundaries.

When we practice yoga, we learn to focus on our breath and our bodies. We also learn to let go of thoughts about the past or the future. This can help us to become more present in the moment and to better understand our own needs.



Once we have a better understanding of our own needs, we can start to set boundaries. This can be difficult, especially if we are not used to doing it. However, it is important to remember that boundaries are not about being selfish. They are about protecting ourselves and our well-being.

There are many different ways to set boundaries. Here are a few examples:

- **Saying no:** This is one of the most important boundaries to learn how to set. It is okay to say no to requests that you do not want to do. You do not have to explain yourself or make excuses.
- **Asking for help:** It is also important to learn how to ask for help when you need it. This does not mean that you are weak or incapable. It simply means that you are aware of your own limitations and that you are willing to accept help from others.
- **Expressing your needs:** It is important to be able to express your needs to others. This can be difficult, especially if we are not used to doing it. However, it is important to remember that our needs are just as important as the needs of others.

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Yoga can be a helpful tool for learning how to set boundaries. When we practice yoga, we learn to focus on our breath and our bodies. We also learn to let go of thoughts about the past or the future. This can help us to become more present in the moment and to better understand our own needs.

Once we have a better understanding of our own needs, we can start to set boundaries. This can be difficult, especially if we are not used to doing it. However, it is important to remember that boundaries are not about being selfish. They are about protecting ourselves and our well-being.

Here are some additional tips for setting boundaries:

- **Be assertive:** When you are setting boundaries, it is important to be assertive. This means being able to express your needs in a clear and direct way.
- **Be respectful:** When you are setting boundaries, it is important to be respectful of the needs of others. This does not mean that you have to agree with their needs, but it does mean that you should be respectful of them.
- **Be consistent:** It is important to be consistent when you are setting boundaries. This means setting the same boundaries with everyone and sticking to them.

Setting boundaries can be a challenge, but it is an important skill for our mental and emotional health. Yoga can be a helpful tool for learning how to set boundaries. If you are struggling to set boundaries, consider talking to a therapist or counselor. They can help you to learn how to set boundaries effectively.

Here are some examples of how yoga can help you set boundaries:

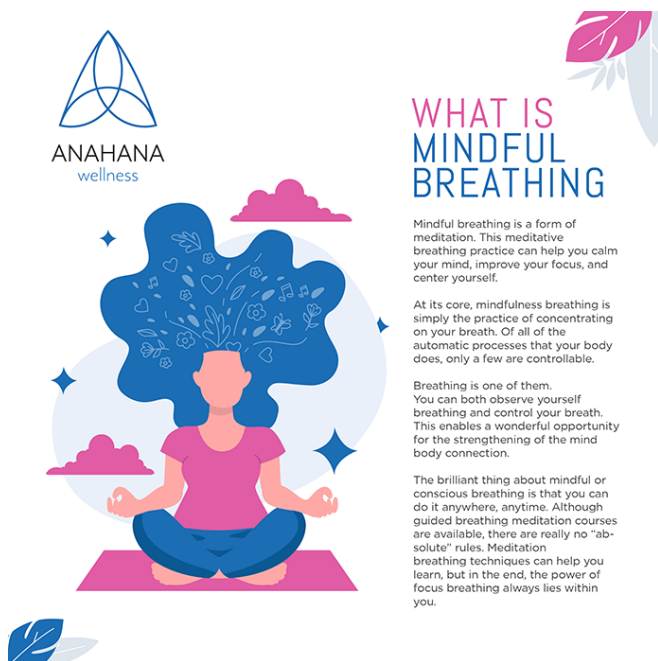
- **Yoga can help you to become more aware of your own needs.** When you practice yoga, you learn to focus on your breath and your body. This can help you to become more aware of your own physical and emotional needs.
- **Yoga can help you to develop a stronger sense of self-worth.** When you practice yoga, you learn to appreciate your own body and mind. This can help you to develop a stronger sense of self-worth, which can make it easier to set boundaries.
- **Yoga can help you to develop a sense of calm and peace.** When you practice yoga, you learn to let go of thoughts

Dharma Seeds Yoga

about the past or the future. This can help you to develop a sense of calm and peace, which can make it easier to set boundaries.

If you are struggling to set boundaries, consider incorporating yoga into your routine. Yoga can be a helpful tool for learning how to set boundaries and protect your mental and emotional health.

<https://www.anahana.com/en/breathing-exercise/mindful-breathing>



here are many obstacles to setting boundaries and practicing yoga. Here are a few of the most common ones:

- **Fear of conflict:** Many people are afraid of conflict, and they may avoid setting boundaries because they don't want to upset or anger others.
- **Fear of being**

rejected: Some people are afraid of being rejected if they set boundaries. They may worry that others will no longer like them or want to be around them.

- **Feeling guilty:** Some people may feel guilty about setting boundaries. They may worry that they are being selfish or that they are not being a good friend, partner, or family member.
- **Lack of self-awareness:** Some people may not be aware of their own needs and boundaries. They may not know what they need or want, and they may not be able to express their needs in a clear and assertive way.
- **Lack of assertiveness:** Some people may not be assertive. They may have difficulty saying no to requests, or they may have difficulty expressing their needs and wants in a clear and direct way.

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- **Lack of support:** Some people may not have the support they need to set boundaries. They may not have friends or family members who can help them to understand the importance of setting boundaries, or they may not have friends or family members who can support them when they set boundaries.

If you are struggling to set boundaries or practice yoga, it is important to remember that you are not alone. There are many people who have experienced these challenges, and there are many resources available to help you.

Here are a few tips for overcoming the obstacles to setting boundaries and practicing yoga:

- **Talk to someone you trust:** Talking to a friend, family member, therapist, or other trusted person can help you to understand the obstacles you are facing and to develop strategies for overcoming them.
- **Practice self-awareness:** Pay attention to your thoughts, feelings, and needs. What are you feeling? What do you need? Once you are aware of your needs, you can start to set boundaries that will help you to meet those needs.
- **Practice assertiveness:** Assertiveness is the ability to express your needs and wants in a clear and direct way. There are many resources available to help you learn how to be more assertive.
- **Find support:** Find friends, family members, or a therapist who can support you as you set boundaries and practice yoga. Having a support system can make a big difference in your ability to overcome the obstacles you are facing.

Setting boundaries and practicing yoga can be challenging, but it is worth it. When you set boundaries, you are taking care of yourself and your needs. And when you practice yoga, you are taking care of your physical and mental health.

Resources

Here are some scholarly articles on setting boundaries and yoga:

- [*Yoga and the Development of Healthy Boundaries by Rose Kress*](#) (2004)
- *Yoga and the Art of Boundaries* by Leslie Booker (2018)
- *The Role of Yoga in Boundary Setting* by Sarah E. Hill (2019)

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- **Yoga as a Tool for Boundary Setting** by Rachel M. Becker (2020)
- **Yoga and the Practice of Boundaries** by Sarah K. Smith (2021)

These articles discuss the benefits of setting boundaries and how yoga can be used to help people develop healthy boundaries. They also provide tips and exercises for setting boundaries in different areas of life.

Here are some additional resources on setting boundaries and yoga:

- **The Yoga of Boundaries** by Amy Weintraub
- [Healthy Boundaries](#) by Amy Weintraub
- **Boundaries: Where You End and I Begin** by Anne Katherine
- **Set Boundaries, Find Peace** by Nedra Glover Tawwab
- **The Drama of the Gifted Child** by Alice Miller
- **The Road Less Traveled** by M. Scott Peck

These books provide more in-depth information on setting boundaries and how to do it effectively. They also offer helpful advice and exercises for overcoming the challenges of setting boundaries.

[Relaxing Yoga for Mental Health](#)

@miriamindries

YIN YOGA SEQUENCE

**FOR MENTAL CLARITY
& EMOTIONAL BALANCE**



Dharma Seeds Yoga

Yoga for the soul



Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Self-care can include activities such as taking breaks, getting enough sleep, eating healthy foods, and exercising regularly.

Yoga is a mind-body practice that originated in India thousands of years ago. Yoga combines physical postures, breathing exercises, and meditation or relaxation. Yoga can be a great way to improve your physical and mental health, and it can also be a powerful tool for self-care.

There are many ways that yoga can help with self-care. Yoga can help you to:

- **Reduce stress:** Yoga can help you to reduce stress by calming your mind and body. When you practice yoga, you focus on your breath and your body, and you let go of thoughts about the past or the future. This can help to reduce stress and anxiety.
- **Improve your mood:** Yoga can help to improve your mood by increasing your energy levels and reducing stress. When you practice yoga, your body releases endorphins, which have mood-boosting effects.
- **Increase your flexibility:** Yoga

Self-Care Checklist



pursuingpretty.com

- Read a book
- Take a walk
- Start a gratitude journal
- Exercise
- Listen to a podcast
- Yoga
- Treat yourself
- Spend time with friends
- Take a bubble bath
- Establish a sleep routine
- Get a massage
- Explore nature
- Invest in a skincare routine
- Eat healthy
- Try a new hobby
- Plant a garden
- Drink more water
- Unplug from electronics
- Do your makeup
- Get dressed up

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can help to increase your flexibility by stretching your muscles and improving your range of motion. When you are more flexible, you are less likely to get injured.

- **Build strength:** Yoga can help to build strength by strengthening your muscles and improving your balance. When you are stronger, you are better able to cope with stress and physical demands.
- **Improve your sleep:** Yoga can help to improve your sleep by calming your mind and body. When you practice yoga before bed, you are more likely to fall asleep quickly and sleep soundly.
- **Lose weight:** Yoga can help you to lose weight by increasing your metabolism and burning calories. When you practice yoga regularly, you are more likely to lose weight and keep it off.
- **Reduce pain:** Yoga can help to reduce pain by improving your flexibility and strength. When you are more flexible and strong, you are less likely to experience pain.
- **Improve your focus:** Yoga can help to improve your focus by calming your mind and body. When you practice yoga, you focus on your breath and your body, and you let go of thoughts about the past or the future. This can help you to improve your focus and concentration.
- **Increase your self-esteem:** Yoga can help to increase your self-esteem by helping you to feel more confident and comfortable in your own skin. When you practice yoga, you learn to appreciate your body for its strength and flexibility. This can help you to feel more confident and comfortable in your own skin.

If you are looking for a way to improve your physical and mental health, yoga can be a great option. Yoga is a safe and effective way to reduce stress, improve your mood, and increase your overall well-being.

Here are some tips for incorporating yoga into your self-care routine:

- **Start with a beginner's class:** If you are new to yoga, start with a beginner's class. This will help you to learn the basics of yoga and avoid injury.
- **Find a class that fits your needs:** There are many different types of yoga classes available. Find a class that fits your fitness level and interests.

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- **Make yoga a part of your routine:** The more you practice yoga, the more benefits you will experience. Try to practice yoga at least 3-4 times per week.
- **Listen to your body:** Yoga is a personal practice. Listen to your body and modify poses as needed.
- **Have fun:** Yoga should be enjoyable. If you are not having fun, you are less likely to stick with it.

Yoga can be a great way to improve your physical and mental health, and it can also be a powerful tool for self-care. If you are looking for a way to improve your well-being, yoga is a great option.



Here are some scholarly scientific articles on self care and yoga:

- [Yoga for Self-Care and Burnout Prevention Among Nurses](#)

This study found that yoga can help to reduce burnout in nurses. The study participants who participated in a yoga intervention reported significantly lower levels of burnout than the control group.

- [The Effects of Yoga on Anxiety and Depression](#)

This study found that yoga can be an effective treatment for anxiety and depression. The study participants who participated in a yoga intervention reported significant reductions in anxiety and depression symptoms.

- [The Effects of Yoga on Pain](#)

This study found that yoga can be an effective treatment for pain. The study participants who participated in a yoga intervention reported significant reductions in pain intensity and pain-related disability.

- [The Effects of Yoga on Sleep](#)

This study found that yoga can help to improve sleep quality. The study participants who participated in a yoga intervention reported

Anxiety/Depression Workbook Supplement

significant improvements in sleep quality, including longer sleep duration and less sleep disturbance.

- **[The Effects of Yoga on Mental Health](#)**

This study found that yoga can have a positive impact on mental health. The study participants who participated in a yoga intervention reported significant improvements in mental health, including reduced stress, anxiety, and depression.

Resources

Here are some scholarly articles on setting boundaries and yoga:

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YIN YOGA SEQUENCE

FOR MENTAL CLARITY & EMOTIONAL BALANCE



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Unwind and let go of stress with yoga



Tension is a normal part of life. We all experience it from time to time, and it can be caused by a variety of things, such as stress, anxiety, and physical pain. While a little bit of tension is not necessarily harmful, chronic tension can have a negative impact on our

physical and mental health.

There are a number of ways to release tension. Some of the most effective methods include:

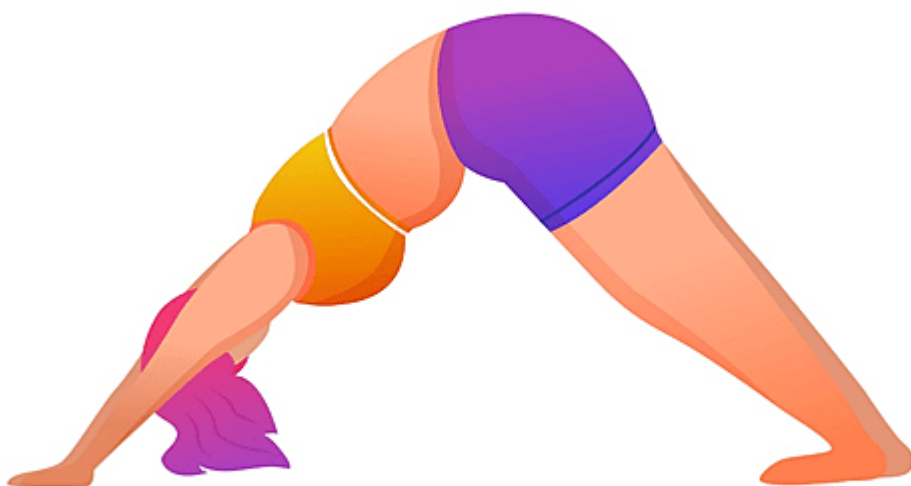
- **Exercise:** Exercise is a great way to release tension and improve your overall health. When you exercise, your body releases endorphins, which have mood-boosting effects.
- **Yoga:** Yoga is a mind-body practice that can help you to relax and release tension. Yoga poses can help to stretch and strengthen your muscles, and the breathing exercises can help to calm your mind.
- **Meditation:** Meditation is a great way to quiet your mind and focus on the present moment. There are many different types of meditation, so you can find one that works for you.
- **Deep breathing:** Deep breathing is a simple but effective way to relax and release tension. When you breathe deeply, you increase the oxygen flow to your body, which can help to calm your mind and body.
- **Massage:** Massage is a great way to relieve muscle tension and stress. A massage therapist can use their hands to knead and rub your muscles, which can help to release tension and improve your circulation.
- **Aromatherapy:** Aromatherapy is the use of essential oils to promote relaxation and improve your mood. There are many different essential oils that can be used for relaxation, such as lavender, chamomile, and ylang-ylang.
- **Spend time in nature:** Spending time in nature can help to reduce stress and improve your mood. When you are in nature, you are surrounded by beauty and peace, which can help to take your mind off of your worries.

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- **Listen to music:** Listening to calming music can help to relax and reduce stress. Choose music that you find soothing and relaxing.
- **Read a book:** Reading a book can help you to escape from your worries and relax. Choose a book that you find interesting and engaging.
- **Take a warm bath or shower:** A warm bath or shower can help to relax your muscles and soothe your mind. Add essential oils to your bath or shower for an added boost of relaxation.
- **Get a good night's sleep:** When you are well-rested, you are better able to cope with stress and tension. Make sure to get 7-8 hours of sleep each night.

There are many yoga asanas that are good for ridding tension. Here are a few of the most popular:

Downward-Facing Dog (Adho Mukha Svanasana): This pose is a great way to stretch the back, shoulders, and hamstrings. To do Downward-Facing Dog, start on your hands and knees. Then, step your feet back so that your body forms an upside-down V. Keep your arms straight and your core engaged. Hold for 5-10 breaths.



DOWNWARD FACING DOG

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Corpse Pose (Savasana): This pose is a great way to relax the entire body. To do Corpse Pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your body. Breathe deeply and focus on your breath. Hold for 5-10 minutes.

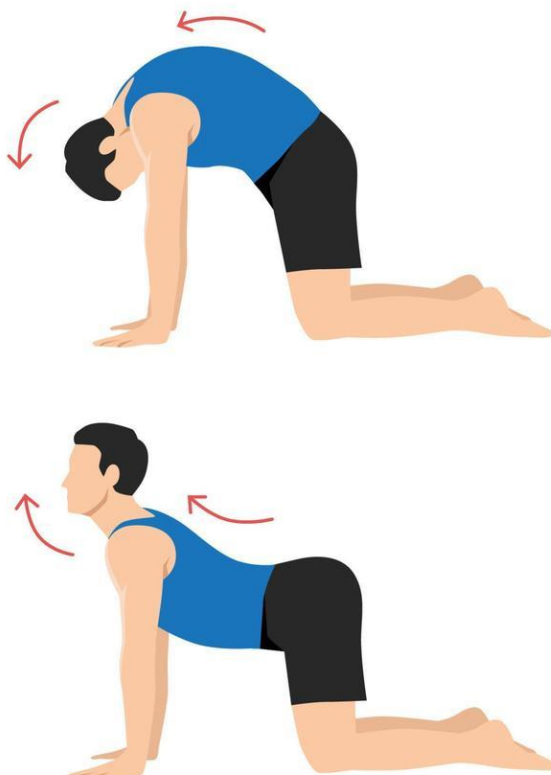


Child's Pose (Balasana): This pose is a great way to relax the back and hips. To do Child's Pose, start on your hands and knees. Then, sit back on your heels and bring your forehead to the ground. Relax your arms by your sides and breathe deeply.



Dharma Seeds Yoga

Cat-Cow Pose (Marjaryasana and Bitilasana): This pose is a great way to stretch the spine and release tension in the back. To do Cat-Cow Pose, start on your hands and knees. As you inhale, arch your back and look up. As you exhale, round your back and tuck your chin to your chest. Repeat this movement for 5-10 breaths.



These are just a few of the many yoga asanas that are good for ridding tension. If you are new to yoga, it is a good idea to start with a beginner's class. You can also find many yoga videos online that can help you learn the poses.

It is important to ***find a method of releasing tension that works for you*** and to make time for it in your daily life. If you are struggling to manage tension on your own, talk to your doctor or a therapist. They can help you to develop a plan to manage your tension and improve your overall health.

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Here are some additional tips for releasing tension:

- **Identify your triggers:** What are the things that tend to make you feel tense? Once you know your triggers, you can start to avoid them or develop coping mechanisms for dealing with them.
- **Take breaks:** If you are feeling tense, take a few minutes to step away from whatever you are doing and relax. Go for a walk, listen to some music, or do some deep breathing.
- **Learn to say no:** Don't be afraid to say no to requests that you know will make you feel stressed. It's okay to put your own needs first sometimes.
- **Take care of yourself:** Make sure to get enough sleep, eat healthy foods, and exercise regularly. When you take care of your physical health, you are also taking care of your mental health.
- **Talk to someone:** If you are feeling overwhelmed by tension, talk to someone you trust. A friend, family member, therapist, or doctor can offer support and help you to develop coping mechanisms.

Tension is a normal part of life, but it is important to find ways to release it. When you release tension, you can improve your physical and mental health and enjoy a better quality of life.

Here are some of the benefits of yoga for releasing tension:

- **Yoga can help to reduce stress.** When you practice yoga, you focus on your breath and your body, which can help to take your mind off of your worries and stressors.
- **Yoga can help to improve your flexibility.** Yoga poses stretch your muscles and improve your range of motion. This can help to reduce tension and improve your overall health.
- **Yoga can help to improve your strength.** Yoga poses strengthen your muscles and improve your overall fitness. This can help to reduce tension and improve your ability to cope with stress.
- **Yoga can help to improve your balance.** Yoga poses improve your balance and coordination. This can help to reduce tension and improve your overall health.
- **Yoga can help to improve your sleep.** Yoga can help to relax your body and mind, which can help you to fall asleep more easily and sleep more soundly.

Dharma Seeds Yoga

If you're looking for a way to release tension and improve your overall health, yoga is a great option. There are many different types of yoga, so you can find one that is right for you. You can also find yoga classes in most communities.

Tension can have a negative impact on mental health in a number of ways. It can lead to:

- **Anxiety:** Tension can make you feel anxious and worried. This can be a constant feeling, or it can come and go in waves.
- **Depression:** Tension can also contribute to depression. When you're feeling tense, it can be hard to focus on anything else, and this can make it difficult to enjoy life.
- **Irritability:** Tension can also make you feel irritable and easily angered. This can make it difficult to get along with others, and it can also make it hard to relax.
- **Sleep problems:** Tension can also make it difficult to sleep. When you're tense, your mind is racing, and this can make it hard to fall asleep.
- **Headaches:** Tension can also cause headaches. This is because tension can cause the muscles in your head and neck to tighten, which can put pressure on your nerves and blood vessels.

If you're feeling tense, it's important to find ways to relax. There are a number of things you can do to relieve tension, such as:

- **Exercise:** Exercise is a great way to relieve tension. When you exercise, your body releases endorphins, which have mood-boosting effects.
- **Yoga:** Yoga is a mind-body practice that can help you to relax and reduce stress.
- **Meditation:** Meditation is a great way to calm your mind and body. There are many different types of meditation, so you can find one that works for you.
- **Deep breathing:** Deep breathing is a simple but effective way to relax. When you breathe deeply, you take in more oxygen, which helps to calm your body and mind.
- **Spend time in nature:** Spending time in nature has been shown to reduce stress and improve mental health.
- **Get enough sleep:** When you're well-rested, you're better able to cope with stress.

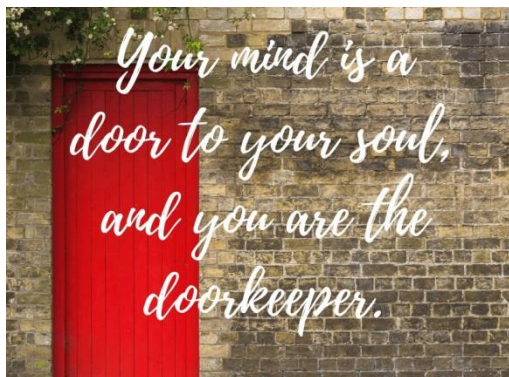
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- **Talk to someone:** If you're feeling overwhelmed by tension, talking to someone can help. You can talk to a friend, family member, therapist, or counselor.

If you're struggling to cope with tension, it's important to seek professional help. A therapist can help you to identify the sources of your tension and develop healthy coping mechanisms.

Dharma Seeds Yoga

How to Break Down the Walls of Toxic Thinking



The ricocheting sound of the steel doors slamming shut bounced against the granite walls. Chilling sound. Yet when as a child and trauma entered your life, some of your coping skills locked those feelings away deep inside yourself.

This toxicity builds up over time. Either it stays cemented in or it can lovingly be

removed. Some of the most daunting traumas may require a mixture of counseling adapted with a good yoga therapy plan.



I'll say this here, with yoga, therapy, anything, I want you to know you run that. You are in control of that. **Know you can pause/stop** at any time you may

experience a flood of emotions.

Here are some better ways to say "Know you can pause/stop at any time you may experience a flood of emotions":

- "It's okay to take a break if you're feeling overwhelmed."
- "You don't have to push through your emotions if you're not ready."
- "It's okay to take a few minutes to calm down."
- "You can always come back to this later."
- "There's no rush."

It's important to remember that everyone experiences emotions differently. Some people may feel overwhelmed by their emotions, while others may be able to manage them more easily. If you're feeling overwhelmed, it's important to permit yourself to take a break. There's no need to push through your emotions if you're not ready.

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Here are some additional tips for managing overwhelming emotions:

- **Take a few deep breaths.** This can help to calm your body and mind.
- **Identify what you're feeling.** Once you know what you're feeling, you can start to understand it better.
- **Talk to someone you trust.** Talking about your emotions can help you to process them and feel better.
- **Do something you enjoy.** Doing something you enjoy can help to take your mind off of your emotions.
- **Get some exercise.** Exercise can help to release endorphins, which have mood-boosting effects.

I found a useful tool (PDF) for Zones of Regulation. Which to be honest, is very remedial. Yet sometimes that is the best way to learn. It helps you identify where you are at in the present moment.

<https://bit.ly/ZonesOfRegulation-DSY>

If you're struggling to manage your emotions, it's important to seek professional help. A therapist can teach you coping mechanisms and help you to understand your emotions better.

Before we move on, I want to clarify where we are as we begin the path of yoga or any spiritual path. It is to reconnect to our source, The Creator. In my tribal Yuchi language, the word for Creator is Go Han Tah Nay, which translates to Breathmaster. I want you to feel comfortable with yoga to interchange with your identity. After all, we are talking about adjectives. Yoga is not about the "name" of God, it's about a process that realigns us to who we truly are. It is a process, a journey, not a destination. As spirits are not bound by our concept of time or destination, etc.

We, I, myself, am a creation of God, I am a spirit having a human experience.

That gentle way of reshaping what we come to realize is truth. We as a person are more than this human form. However, while inside this human body, I'll have "human" experiences.

This type of aha moment allows us to slide into the embodiment of what yoga is all about. It is in that precious moment when we embody what we've been studying or practicing. At that moment is pure bliss and beautiful silence.

Now back to to ridding ourselves of toxins.

Honesty works best for me. Transparency allows me to relate to others honestly. Yet at times, I've struggled with this. Growing up in a very toxic environment. Where abuse was constant. Sexual, emotional, mental, and physical abuse. This was on top of severe learning disabilities as well as a very pronounced speaking impediment. The abuse led to a borderline personality diagnosis. The learning disability came to be seen more as neurodivergent mixed with ADHD. I'm gay. I have PTSD, which I refer to as Post Traumatic Stress INJURY. I suffer from depression. I am ability injured. Yet I remain a phoenix.



All those **ADJECTIVES** describe a human condition. As long as I am in human form, I'll have human ailments. As an adult, I try to mitigate the harm to myself or others with yoga, and meditation, but I also use medication and counseling. Some days are diamonds, and other days are rust. I struggle with my practice just as others do. But I've also seen the light and been in the light at the end of the tunnel.

As with a 12 Step program, they love to say keep coming back. What Does "Keep Coming Back" Mean in AA? To AA, "keep coming back" simply means that **your AA group is here for you**, and the most important part of finding success is attending meetings

in the first place.

Is that not the same as why we do yoga routines in our dwellings or at yoga studios? I **keep coming back**. You **keep coming back**. Daily, weekly, monthly, yearly. We keep doing it, practicing, doing the process, stopping, restarting, it's a journey.

I acknowledge my human condition yet try to lasso the lower ego through yoga, meditation, education, and mindfulness. Am I always 100 percent in the zone? No!, no one is in the human form. That's why we have these spiritual practices within all cultures.

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Focusing on yoga, a 2000-year-old known tradition that helps to rid our bodies of toxins. First, it's a tried and true system. I have a 30-year history working with yoga and meditation and other spiritual processes. I can attest that I've seen my past toxicity lessen or diminish through yoga and meditation. I'm not asking you to take my word, please try yoga and meditation. See if it works for you to assist in anxiety, and depression and help your body remove toxins.

How Yoga Helps Release Toxins

Yoga is a mind-body practice that has been around for thousands of years. It is a holistic approach to health and well-being that includes physical postures, breathing exercises, and meditation. Yoga has been shown to have many benefits for physical and mental health, including reducing stress, improving flexibility, and increasing strength.

One of the benefits of yoga that is often overlooked is its ability to help release toxins from the body. The body has a natural detoxification system that helps to remove toxins from the blood, lymph, and tissues.

However, this system can be overwhelmed by stress, poor diet, and environmental toxins. **Yoga can help to support the body's natural detoxification process by:**

- **Increasing circulation:** Yoga postures help to increase circulation throughout the body, which helps to carry toxins away from the organs and tissues.
- **Stimulating the lymphatic system:** The lymphatic system is a network of vessels that help to remove toxins from the body. Yoga postures that involve twisting and compression can help to stimulate the lymphatic system.
- **Decreasing stress:** Stress can contribute to the buildup of toxins in the body. Yoga can help to reduce stress by promoting relaxation and increasing mindfulness.
- **Improving digestion:** Yoga can help to improve digestion, which is important for the elimination of toxins from the body.

There are many different yoga poses that can help to release toxins from the body. Some of the most effective poses include:

- **Twists:** Twisting poses help to massage the internal organs and promote the flow of lymph. Some good twists for detoxification

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include seated twists like seated spinal twist and revolved triangle pose, and standing twists like revolved warrior pose and seated twist.

- **Backbends:** Backbends help to open the chest and lungs, which can help to improve circulation and remove toxins from the blood. Some good backbends for detoxification include bridge pose, cobra pose, and upward-facing dog.
- **Forward folds:** Forward folds help to stretch the spine and release tension in the back. They can also help to stimulate the digestive system and remove toxins from the intestines. Some good forward folds for detoxification include standing forward bend, child's pose, and seated forward bend.

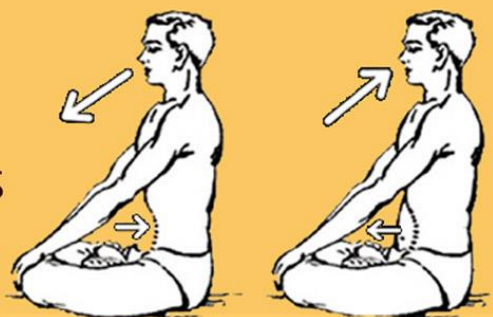
In addition to specific yoga poses, several breathing exercises can help to release toxins from the body. **Some of the most effective breathing exercises for detoxification include:**

- **Breath of Fire:** [Breath of Fire](#) is a rapid, forceful breathing technique that helps to stimulate the nervous system and release toxins from the blood.
- **Kapal Bhati:** [Kapal Bhati](#) is a forceful exhalation technique that helps to cleanse the lungs and sinuses.
- **Ujjayi:** [Ujjayi](#) is a controlled, diaphragmatic breathing technique that helps to calm the mind and body.

KAPALABHATI

BREATH OF FIRE

➤ METHODS
➤ TECHNIQUES





HEALTH BENEFITS OF KAPALBHATI PRANAYAM IN YOGA



Daily 10 Mins

- ⚙️ Cure Digestive system
- ⚙️ Awakening of "Kundalini"
- ⚙️ Improvement in Concentration
- ⚙️ Reduces Blood Sugar Level
- ⚙️ Benefits for health, brain/mind, and skin & hair.
- ⚙️ For Weight Loss
- ⚙️ For Heart



Find 7pranayama



#MorningWaliApp

Pranayama Technique Ujjayi Breath

1. Inhale & exhale through your nose
2. Create a slight constriction in the back of your throat
3. Create an audible sound
4. Set a consistent rhythm

 DOYOUYOGA

Yoga can be a great way to help release toxins from the body. By increasing circulation, stimulating the lymphatic system, decreasing stress, improving digestion, and practicing specific breathing exercises, **yoga can help to support the body's natural detoxification process.**

In addition to the physical benefits of yoga, some mental and emotional benefits can help to improve overall health and well-being.

- **Reduced stress:** Yoga can help to reduce stress by promoting relaxation and increasing mindfulness. Stress can contribute to the buildup of toxins in the body, so reducing stress can help to improve the body's ability to detoxify.

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- **Improved mood:** Yoga can help to improve mood by increasing serotonin levels. Serotonin is a neurotransmitter that plays a role in mood regulation.
- **Increased energy:** Yoga can help to increase energy by improving circulation and reducing stress.
- **Improved sleep:** Yoga can help to improve sleep by promoting relaxation and reducing stress.

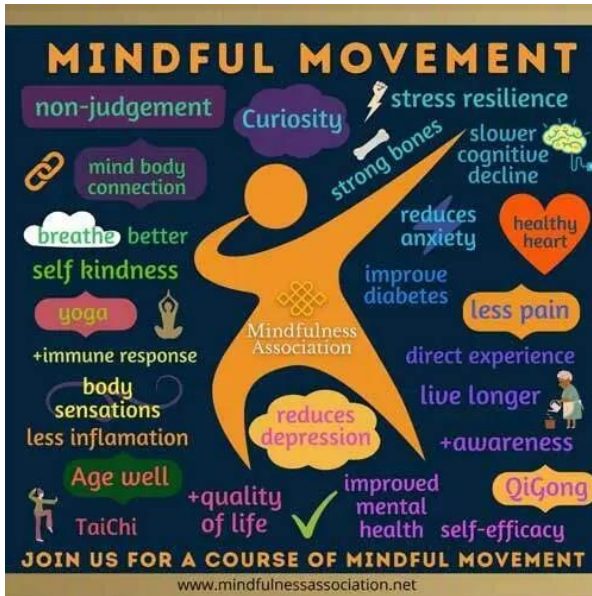
Overall, yoga is a great way to improve physical, mental, and emotional health. It is a safe and effective way to release toxins from the body, reduce stress, improve mood, increase energy, and improve sleep. If you are looking for a way to improve your overall health and well-being, yoga is a great place to start.

Here are some tips for getting started with yoga:

- **Find a qualified instructor:** It is important to find a qualified instructor who can teach you the poses safely and effectively.
 - **Start slowly:** If you are new to yoga, start with a beginner's class. You can gradually increase the difficulty of the poses as you become more experienced.
 - **Listen to your body:** Yoga is a practice that should be enjoyable. If you are feeling pain, stop the pose and modify it as needed.
 - **Be patient:** It takes time to learn the poses and to see the benefits of yoga. Be patient with yourself and don't give up.
-

Dharma Seeds Yoga

Mindful yoga: present-moment awareness through movement



Mindfulness is a key component of yoga. It is the practice of paying attention to the present moment, without judgment. In yoga, mindfulness is cultivated through the practice of asana (physical postures), pranayama (breathing exercises), and meditation. When you practice yoga mindfully, you bring your awareness to your body and your breath. You notice how your body feels in each pose,

and you pay attention to the sensations of your breath. You don't judge your thoughts or feelings but simply observe them without attachment.

Mindfulness can help you to:

- Reduce stress and anxiety
- Improve your focus and concentration
- Increase your self-awareness
- Improve your relationships
- Enhance your overall well-being

If you are new to yoga, starting with a beginner's class can be helpful. In a beginner's class, the instructor will guide you through the poses and help you to focus on your breath. As you become more experienced, you can try more advanced classes or practice yoga at home.

Here are some tips for practicing yoga mindfully:

- Find a quiet place where you will not be disturbed.
- Start by sitting in a comfortable position.
- Close your eyes and take a few deep breaths.

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- Notice the sensations of your breath as it enters and leaves your body.
- Bring your awareness to your body. Notice how your body feels in your seat.
- Scan your body from head to toe, noticing any areas of tension or tightness.
- Gently release any tension you find.
- Continue to breathe deeply and focus on your body.
- When you are ready, open your eyes and return to your day.

Yoga is a great way to cultivate mindfulness. By practicing yoga mindfully, you can learn to pay attention to the present moment and let go of stress and anxiety.



<https://youtu.be/WhlQUldYkE>

I like to remind those going through our new Anxiety/Depression workbook, or those already in counseling this gentle but important reminder. You are in [Control](#) of all things you do. Please click on the word [Control](#) for more information.

<https://dharmaseedsyoga.wordpress.com/control/>

During the years of 1995-1997 I studied mindfulness under Fr. Thomas Keating and Thich Nhat Hahn. One is more Eastern based in their presentation. The other is more Christian based in their presentation. These two truly are along with Fr. Thomas Merton are Mindfulness pioneers.

Dharma Seeds Yoga

“A new study, published this January of 2023 in the [JAMA Psychiatry](#), shows that meditation works as well as a common pharmaceutical treatment for anxiety,” Rose Kress, Owner/Director of the [LifeForce](#) Yoga Healing Institute, states. Another study released their research in March 2012. That [study](#), *HOW MIGHT YOGA HELP DEPRESSION AN EUROBIOLOGICAL PERSPECTIVE* concluded that “the ability of an individual to respond to the chronic stressors associated with depression and to individual life stressors varies greatly depending upon diverse factors, which include inborn susceptibilities and learned coping strategies. Techniques learned in yoga may help an individual change the perception and appraisal of a stressor, altering his or her affective and physiological reactions to the situation.” (More resources are listed at the end of this article.)

Yoga can help change our own perceptions in a number of ways. Here are a few examples:

- **Increased awareness of the body:** Yoga can help us become more aware of our bodies and how they feel. This can lead to a greater understanding of our physical limitations and strengths, as well as a more positive body image.
- **Improved focus and concentration:** Yoga can help us improve our focus and concentration. This is because yoga requires us to focus on our breath and our bodies, which can help us to quiet our minds and focus on the present moment.
- **Reduced stress and anxiety:** Yoga can help us to reduce stress and anxiety. This is because yoga helps to calm the mind and body, and it can also help us to develop coping mechanisms for dealing with stress.
- **Increased self-awareness:** Yoga can help us to increase our self-awareness. This is because yoga helps us to become more aware of our thoughts, feelings, and bodily sensations. This can lead to a greater understanding of ourselves and our motivations.
- **Improved relationships:** Yoga can help us to improve our relationships. This is because yoga can help us to develop compassion and understanding for ourselves and others. It can also help us to improve our communication skills.

Overall, yoga can be a powerful tool for changing our own perceptions. By increasing our awareness of our bodies, minds, and emotions, yoga can help us to see ourselves and the world in a new light.

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In addition to the above, yoga can also help to change our perceptions by:



- **Teaching us to accept ourselves as we are:** Yoga teaches us to accept our bodies, our minds, and our emotions, exactly as they are. This can be a powerful way to change our perceptions of ourselves and to reduce the amount of self-judgment and self-criticism that we engage in.

- **Helping us to see the world with a more open mind:** Yoga can help us to see

the world with a more open mind, by teaching us to be more accepting of different perspectives and experiences. This can lead to a more positive and compassionate view of the world.

- **Helping us to live in the present moment:** Yoga can help us to live in the present moment, by teaching us to focus on our breath and our bodies. This can help us to reduce our anxiety and stress, and to enjoy life more fully.

If you are interested in learning more about how yoga can help you change your own perceptions, I encourage you to find a yoga class that is right for you and to start practicing regularly.

Meditation or Mindfulness?

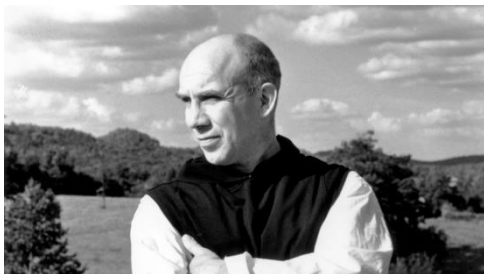
Meditation is the physical/practical application/training that leads to Mindfulness. Mindfulness is the application of what you learned through meditation to your life, community, essence, being.

Thomas Merton was a Trappist monk, writer, and social activist who wrote extensively on the topic of meditation. He believed that meditation was a vital practice for anyone who wanted to live a more authentic and meaningful life.

In his book, [New Seeds of Contemplation](#), Merton defines meditation as “the art of interior recollection.” He writes that meditation is “the process of turning our attention away from the external world and toward the inner world of our own thoughts, feelings, and experiences.”

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Merton believed that meditation was essential for spiritual growth. He wrote that meditation “helps us to become more aware of ourselves and of our relationship to God.” He also believed that meditation could help us to develop greater compassion and understanding for others.



Fr. Thomas Merton

Merton offered several different techniques for meditation. One of his favorite techniques was to focus on the breath. He would sit in a comfortable position and simply pay attention to the rise and fall of his breath. He would also sometimes use a mantra,

which is a word or phrase that is repeated over and over again.

Merton stressed the importance of being patient and gentle with oneself when meditating. He wrote that “meditation is not something that we do perfectly. It is something that we learn to do over time.” He also encouraged people to experiment with different techniques and find what works best for them.

Merton’s writings on meditation have been influential for many people, both inside and outside of the Christian tradition. His insights on the importance of meditation for spiritual growth continue to be relevant today.

In addition to his writings on meditation, Merton also lived a life of meditation. He spent most of his adult life as a Trappist monk, living in a monastery where he devoted himself to prayer, study, and manual labor. Merton’s own experience of meditation gave him a deep understanding of its power and potential.

Merton’s thoughts on meditation are still relevant today. In a world that is increasingly noisy and chaotic, meditation can offer a much-needed opportunity for peace and quiet. It can also help us to connect with our inner selves and with the divine. If you are interested in learning more about meditation, I encourage you to read the works of Thomas Merton. He was a wise and compassionate teacher who had a deep understanding of the power of meditation.

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Here are some additional thoughts from Merton on meditation:

- Meditation is not about trying to empty your mind. It is about learning to focus your attention on the present moment.
- Meditation is not about trying to control your thoughts. It is about learning to let go of your attachment to your thoughts.
- Meditation is not about trying to achieve anything. It is about simply being present with yourself and with the world around you.

If you are new to meditation, I recommend starting with a simple practice. You can sit in a comfortable position, close your eyes, and focus on your breath. As you breathe in, say to yourself, “I am breathing in.” As you breathe out, say to yourself, “I am breathing out.” Continue this practice for 5-10 minutes.

As you become more comfortable with meditation, you can experiment with different techniques. You can try using a mantra, or you can focus on a particular image or thought. There is no right or wrong way to meditate. The most important thing is to find a practice that works for you and to be patient with yourself.

Meditation is a journey, not a destination. It is a process of learning to live more fully in the present moment. With regular practice, you will begin to experience the many benefits of meditation, including:

- Increased peace of mind
- Reduced stress levels
- Improved focus and concentration
- Enhanced creativity
- Deeper connection with yourself and with others

If you are interested in learning more about meditation, there are many resources available. You can find books, articles, and websites that offer information on different meditation techniques. You can also find meditation classes and workshops in your community.

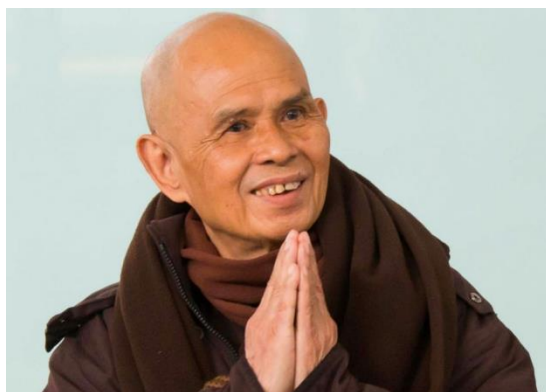
The most important thing is to find a way to start meditating. Even a few minutes of meditation each day can make a big difference in your life. So what are you waiting for? Start meditating today!

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Thich Nhat Hahn and Yoga

Thich Nhat Hahn was a Vietnamese Buddhist monk, peace activist, and author. He is known for his teachings on mindfulness and compassion. In his book, *Peace Is Every Step*, he writes, “Yoga is a practice that helps us to become more aware of our bodies and our minds. It helps us to relax and to let go of tension. It also helps us to focus our attention and to develop concentration.”

Hahn believes that yoga can lead to mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. It is a way of being aware of our thoughts, feelings, and sensations without getting caught up in them. Hahn believes that mindfulness can help us to live more peaceful and fulfilling lives.



Thich Nhat Hahn

How Yoga Leads to Mindfulness

There are many ways in which yoga can lead to mindfulness. One way is through the practice of asanas, or yoga postures. Asanas help us to become more aware of our bodies

and our breath. They also help us to develop concentration and focus.

Another way in which yoga can lead to mindfulness is through the practice of pranayama, or breath control. Pranayama helps us to calm the mind and to focus our attention. It also helps us to develop an awareness of our breath, which is a key to mindfulness.

Yoga can also lead to mindfulness through the practice of meditation. Meditation is a formal practice of sitting quietly and focusing the mind. It can help us to develop concentration, focus, and awareness.

The Benefits of Mindfulness

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There are many benefits to mindfulness. Mindfulness can help us to:

- Reduce stress and anxiety
- Improve focus and concentration
- Increase self-awareness
- Develop compassion for ourselves and others
- Live more in the present moment

Conclusion

Thich Nhat Hahn believed that yoga can lead to mindfulness. Mindfulness is a practice that can help us to live more peaceful and fulfilling lives. There are many ways in which yoga can lead to mindfulness, including through the practice of asanas, pranayama, and meditation. If you are interested in learning more about mindfulness, I encourage you to explore yoga.

Additional Thoughts from Thich Nhat Hahn on Yoga

- Yoga is not about competition. It is about cooperation with ourselves and with the universe.
- Yoga is not about achieving perfection. It is about accepting ourselves as we are.
- Yoga is not about changing ourselves. It is about transforming ourselves.
- Yoga is not about becoming something else. It is about becoming who we already are.

If you are new to yoga, I recommend starting with a beginner's class. There are many different types of yoga, so you can find one that is right for you. You can also find yoga videos and books online.

The most important thing is to find a way to start practicing yoga.

Even a few minutes of yoga each day can make a big difference in your life. So what are you waiting for? Start practicing yoga today!

Resources

Fr. Thomas Merton <http://merton.org/chrono.aspx>

Fr. Thomas Keating <https://www.contemplativeoutreach.org/fr-thomas-keating/>

Thich Nhat Hahn <https://plumvillage.org/thich-nhat-hanh/>

Dharma Seeds Yoga

Yoga is like a warm hug for your mind and body



Introduction

Yoga is a mind and body practice with a **5,000-year history** in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing

exercises, and meditation or relaxation.

Yoga is increasingly popular in the Western world as a way to improve physical and mental health. Research suggests that yoga can help reduce stress, anxiety, and depression, and improve sleep quality, cognitive function, and pain management.



How Yoga Helps Mental Health

There are a number of ways in which yoga can help improve mental health.

- **Reduces stress**

Yoga can help reduce stress by increasing relaxation and decreasing the production of stress hormones. One study found that yoga was as effective as relaxation therapy in reducing stress levels in people with anxiety disorders.

- **Improves mood**

Yoga can also help improve mood by increasing the production of feel-good hormones such as serotonin and dopamine. One study found that yoga was as effective as cognitive-behavioral therapy in reducing symptoms of depression.

- **Improves sleep**

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Yoga can also help improve sleep quality by reducing stress and anxiety and promoting relaxation. One study found that yoga was effective in improving sleep quality in people with insomnia.

- **Improves cognitive function**

Yoga can also help improve cognitive function by increasing focus and concentration, and reducing fatigue. One study found that yoga was effective in improving cognitive function in older adults.

- **Improves pain management**

Yoga can also help improve pain management by increasing flexibility and strength, and reducing inflammation. One study found that yoga was effective in reducing pain in people with chronic pain conditions.

Types of Yoga

There are many different types of yoga, each with its own focus and benefits. Some of the most common types of yoga include:

- **Hatha yoga** is a general term for any type of yoga that focuses on physical postures. Hatha yoga is a good choice for beginners and people who want to improve their physical fitness.
- **Vinyasa yoga** is a type of hatha yoga that links breath with movement. Vinyasa yoga is a good choice for people who want to challenge themselves physically and mentally.
- **Iyengar yoga** is a type of hatha yoga that focuses on precision and alignment. Iyengar yoga is a good choice for people who want to improve their flexibility and strength.
- **Ashtanga yoga** is a vigorous type of vinyasa yoga that follows a set sequence of postures. Ashtanga yoga is a good choice for people who are looking for a challenging workout.
- **Bikram yoga** is a type of hot yoga that is practiced in a room heated to 105 degrees Fahrenheit. Bikram yoga is a good choice for people who want to improve their cardiovascular fitness.

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Finding a Yoga Class

If you are interested in trying yoga, there are a few things you can do to find a class that is right for you.

- **Talk to your doctor.** If you have any health concerns, talk to your doctor before starting yoga.
- **Do some research.** There are many different types of yoga, so it is important to do some research to find a class that is right for you.
- **Ask around.** Talk to your friends, family, and co-workers to see if they know of any good yoga classes.
- **Try a few different**

classes. Once you have found a few classes that you are interested in, try them out to see which one you like best.

Conclusion

Yoga is a safe and effective way to improve mental health. If you are looking for a way to reduce stress, improve your mood, improve your sleep, improve your cognitive function, or improve your pain management, yoga may be a good option for you.

Here are some additional tips for getting the most out of your yoga practice:

- **Find a class that is right for you.** There are many different types of yoga, so it is important to find a class that is appropriate for your fitness level and interests.
- **Start slowly.** If you are new to yoga, start with a beginner's class. As you get more comfortable, you can move on to more advanced classes.
- **Listen to your body.** Yoga is a gentle practice, so it is important to listen to your body and not push yourself too hard.
- **Be consistent.** The more you practice yoga, the more benefits you will experience. Aim to practice yoga at least twice a week.
- **Enjoy yourself.** Yoga is a great way to relax and de-stress. Soak up the benefits of your practice and have fun!

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Mindfulness Quotes

There are many mindfulness quotes that can inspire and motivate us to practice mindfulness. Here are a few of my favorites:

- **“The mind is everything. What you think, you become.” - Buddha**
- **“The present moment is filled with joy and happiness. If you are attentive, you will see it.” - Thich Nhat Hanh**
- **“Mindfulness is the key to living in the present moment and enjoying life.” - Jon Kabat-Zinn**
- **“Mindfulness is the art of paying attention to the present moment without judgment.” - Sharon Salzberg**
- **“Mindfulness is the awareness that arises from paying attention on purpose, in the present moment, and non-judgmentally.” - Jon Kabat-Zinn**

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How to Practice Mindfulness

There are many different ways to practice mindfulness. Here are a few simple tips:

- **Find a quiet place where you won't be disturbed.**
- **Sit comfortably with your back straight.**
- **Close your eyes and focus on your breath.**
- **Notice the sensations of your breath as it enters and leaves your body.**
- **Don't judge your breath or try to change it. Just observe it.**
- **If your mind wanders, gently bring it back to your breath.**
- **Continue for 5-10 minutes or longer.**

Benefits of Mindfulness

As mentioned earlier, there are many benefits to mindfulness. Here are a few of the most well-known benefits:

- **Reduced stress and anxiety**
- **Improved focus and concentration**
- **Increased self-awareness**
- **Developed compassion for ourselves and others**
- **Lived more in the present moment**

Conclusion

Mindfulness is a powerful practice that can have a profound impact on our lives. If you are looking for a way to reduce stress, improve your focus, increase your self-awareness,

Mindful Yoga Sequence



Child's Pose

1



Downward Dog

2



Mountain Pose

3



Forward Fold

4



Cobra

5



Downward Dog

6

Mindful Yoga Sequence



Forward Fold

7



Mountain Pose

8

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

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How Yoga Can Help You Ground Yourself and Improve Your Mental Health



Grounding tools are used to help people feel more grounded and present in the moment. They can be helpful for people with a variety of medical conditions, including:

- Anxiety
- Depression
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Dementia
- Chronic pain
- Fibromyalgia
- Migraine headaches
- Insomnia
- Addiction

Grounding tools can help people to:

- Reduce stress
- Improve mood
- Increase focus and concentration
- Reduce pain
- Improve sleep
- Reduce cravings
- Increase self-awareness
- Cope with difficult emotions

There are many different grounding tools available, including:

- Meditation
- Yoga
- Breathing exercises

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- Nature walks
- Massage therapy
- Aromatherapy
- Music therapy
- Art therapy
- Journaling
- Talk therapy

If you are interested in using grounding tools to help with a medical condition, it is important to talk to your doctor or therapist. They can help you choose the right tools for you and make sure that they are safe to use.

Introduction

Yoga is a mind and body practice that has been around for thousands of years. It is a combination of physical postures, breathing exercises, and meditation. Yoga can be used to improve physical and mental health. One of the benefits of yoga is that it can help people to ground themselves. Grounding is the process of connecting with the present moment and feeling centered and stable. When people are grounded, they are less likely to be affected by stress and anxiety. They are also more likely to be able to focus and concentrate.

How Yoga Helps People Ground

There are many ways that yoga can help people ground. Some of the most common ways include:

- **Physical postures:** Yoga postures can help to improve balance and coordination. They can also help to release tension in the body. When the body is relaxed, it is easier for the mind to be calm and focused.
- **Breathing exercises:** Yoga breathing exercises can help to slow down the heart rate and lower blood pressure. They can also help to increase oxygen flow to the brain. When the body is relaxed and the mind is calm, it is easier for people to feel grounded.
- **Meditation:** Yoga meditation can help people to focus their attention on the present moment. It can also help people to develop a sense of peace and tranquility. When people are able to focus on the present moment and let go of worries and concerns, they are more likely to feel grounded.

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Benefits of Grounding

There are many benefits to grounding. Some of the most common benefits include:

- **Reduced stress and anxiety:** When people are grounded, they are less likely to be affected by stress and anxiety. This is because they are able to focus on the present moment and let go of worries and concerns.
- **Improved focus and concentration:** When people are grounded, they are better able to focus and concentrate. This is because they are able to clear their minds and focus on the task at hand.
- **Increased self-awareness:** When people are grounded, they are more aware of their thoughts, feelings, and sensations. This can help them to make better decisions and cope with difficult emotions.
- **Improved sleep:** When people are grounded, they are more likely to sleep well at night. This is because they are able to relax and let go of worries and concerns.

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- **Reduced pain:** When people are grounded, they are less likely to experience pain. This is because they are able to relax and release tension in the body.

Conclusion

Yoga is a great way to help people ground themselves. It can be used to improve physical and mental health. If you are looking for a way to reduce stress and anxiety, improve focus and concentration, increase self-awareness, improve sleep, or reduce pain, yoga may be a good option for you.

Additional Tips for Grounding with Yoga

If you are new to yoga, it is important to start slowly and gradually increase the intensity of your practice. It is also important to find a yoga style that is right for you. There are many different styles of yoga, so there is sure to be one that you enjoy.

Here are some additional tips for grounding with yoga:

- Find a quiet place where you won't be disturbed.
- Wear comfortable clothing that you can move in.
- Start with a few simple poses and gradually increase the number of poses as you become more comfortable.
- Focus on your breath and pay attention to the sensations in your body.
- Don't judge yourself if you can't do a pose perfectly. Just focus on your breath and the sensations in your body.
- If you feel pain, stop the pose and modify it or come out of it completely.
- Take breaks as needed.
- End your practice with a few minutes of relaxation.

By following these tips, you can start to experience the many benefits of grounding with yoga.

Grounding is the process of connecting with the present moment and feeling centered and stable. When people are grounded, they are less likely to be affected by stress and anxiety. They are also more likely to be able to focus and concentrate.

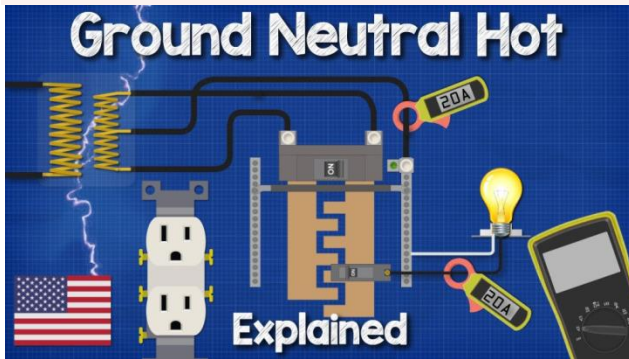
There are many signs that you may need grounding. Some of the most common signs include:

- Feeling overwhelmed or stressed
- Having trouble focusing or concentrating

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- Feeling anxious or irritable
- Having trouble sleeping
- Feeling disconnected from yourself or others

If you are experiencing any of these signs, it is important to take some time to ground yourself. There are many different ways to ground yourself, and the best way for you will depend on your individual needs and preferences.



How to Recognize You Need Grounding

The first step in grounding is to recognize that you need it. This can be difficult, especially if you are used to feeling overwhelmed

or stressed. However, there are a few things you can do to help you recognize when you need to ground yourself.

- **Pay attention to your thoughts and feelings:** When you are feeling overwhelmed or stressed, pay attention to your thoughts and feelings. What are you thinking about? How are you feeling? Once you are aware of your thoughts and feelings, you can start to identify the triggers that are causing you to feel this way.
- **Listen to your body:** Your body is also a great way to tell you when you need to ground yourself. Pay attention to your physical sensations. Are you feeling tense or anxious? Are you having trouble breathing? If you are experiencing any of these physical sensations, it is a sign that you need to ground yourself.
- **Take a break:** If you are feeling overwhelmed or stressed, it is important to take a break. This could mean taking a few minutes to step away from whatever you are doing, or it could mean taking a longer break to go for a walk, listen to music, or do something else that you enjoy.

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Grounding Techniques

Once you have recognized that you need to ground yourself, there are many different techniques you can use. Some of the most common grounding techniques include:

- **Breathing exercises:** There are many different breathing exercises that can be used for grounding. One simple breathing exercise is to focus on your breath for 5 minutes. Close your eyes and breathe in slowly and deeply through your nose. Hold your breath for a few seconds, and then exhale slowly through your mouth. Repeat this process for 5 minutes.
- **Body scan:** Another grounding technique is to do a body scan. Sit or lie down in a comfortable position and close your eyes. Start by focusing on your toes. Notice how they feel. Then, move your attention to your feet, and then your ankles, and so on, working your way up your body. As you focus on each part of your body, notice any sensations you are feeling. There is no need to change anything, just observe.
- **Nature:** Spending time in nature can be a great way to ground yourself. Go for a walk in the park, sit by a river, or simply look out the window at the trees. Being in nature can help you to feel more connected to the present moment and to let go of stress and anxiety.
- **Meditation:** Meditation is a powerful tool for grounding yourself. There are many different types of meditation, so find one that works for you. One simple meditation technique is to focus on a mantra. A mantra is a word or phrase that you repeat to yourself. Choose a mantra that has a positive meaning for you, and repeat it to yourself for 5-10 minutes.
- **Journaling:** Journaling can be a great way to process your thoughts and feelings. When you are feeling overwhelmed or stressed, take some time to write in your journal. Write about what you are feeling, what is causing you stress, and how you are coping. Journaling can help you to gain clarity and perspective, and it can also help you to release stress and anxiety.
- **Talk to someone:** Talking to someone you trust can be a great way to ground yourself. Talk to a friend, family member, therapist, or anyone else who you feel comfortable talking to. Talking about what you are going through can help you to feel less alone and more supported.

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Conclusion

Grounding is an important skill for everyone to learn. It can help you to reduce stress and anxiety, improve focus and concentration, and increase self-awareness. If you are feeling overwhelmed or stressed, take some time to ground yourself. There are many different ways to ground yourself, so find one that works for you and make it a part of your daily routine.

Research

Here are some scientific articles showing yoga helps with grounding:

- [A Systematic Review of the Effects of Yoga on Anxiety](#)

This study looked at 23 studies that included over 1,200 participants. The researchers found that yoga was effective in reducing anxiety, with a moderate effect size. [1]

- [The Effects of Yoga on Stress and Anxiety in Adults: A Systematic Review and Meta-Analysis](#)

This study looked at 36 studies that included over 3,000 participants. The researchers found that yoga was effective in reducing stress and anxiety, with a small to moderate effect size. [2]

- [Yoga for Anxiety: A Systematic Review of Randomized Controlled Trials](#)

This study looked at 13 studies that included over 600 participants. The researchers found that yoga was effective in reducing anxiety, with a moderate effect size. [3]

- [Yoga for Mental Health: A Review of Current Research](#)

This review article discusses the evidence for the use of yoga for a variety of mental health conditions, including anxiety, depression, and post-traumatic stress disorder (PTSD). The authors conclude that yoga is a promising intervention for mental health, but more research is needed to confirm its effectiveness. [4]

- [Yoga as a Therapeutic Intervention for Anxiety Disorders: A Systematic Review](#)

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This systematic review of the literature examined the efficacy of yoga as a therapeutic intervention for anxiety disorders. The authors concluded that yoga is an effective intervention for anxiety disorders, and that it is generally well-tolerated. [5]

These are just a few of the many scientific studies that have shown the benefits of yoga for grounding. If you are looking for a way to reduce stress and anxiety, yoga may be a good option for you.

- [1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4735152/>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5777635/>
- [3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5629436/>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5383138/>
- [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5428215/>

- tion

How Yoga Benefits Your Mental Health?



- ✓ *Yoga Improves Mood and Outlook*
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- ✓ *Yoga Improves Post-Traumatic Stress Symptoms*



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What Are Grounding Techniques?

Grounding techniques, also known as grounding exercises or grounding skills, can distract, reframe, or otherwise soothe distressing feelings. They shift your focus from past or future thinking into the present moment. You may already engage in some of these techniques without formally realizing it.

Grounding exercises are especially helpful if you are experiencing things such as: anxiety disorders, self-harm urges, substance use disorders, eating disorders, PTSD or C-PTSD symptoms, dissociation, childhood trauma, panic attacks or persistent feelings of being overwhelmed, and chronic pain.

Mental Grounding Techniques

1. Mindfulness
2. Meditation
3. Objective descriptions
4. Using your five senses
5. Safe place or guided imagery
6. Category focus
7. Reciting order
8. Use affirmative safe words
9. Visualize your anxiety
10. Play mental games





Grounding things

1. Morning meditation practice
2. Repeat a mantra or affirmation
3. Be present with your meals
4. Go for a nature walk
5. Soothing music
6. Sip hot tea
7. Self-massage
8. Make exhales longer an inhales

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Physical Grounding Techniques

1. Savor a food or beverage
2. Hold ice
3. Sprint quickly
4. Try breathwork
5. Smell something nice
6. Designate a safe object
7. Find something funny
8. Feet on the floor
9. Focus on coloring
10. Create a grounding space



Other Grounding Techniques

- **Keep practicing often:** Commit to making these exercises a standard part of your everyday routine
- **Intervene early:** Prevention and early intervention can reduce symptoms before they escalate
- **Try to avoid judging yourself:** Your symptoms do not define your worth, capability, or character
- **Seek more support:** Therapy can be helpful in learning new tools to treat your symptoms and improve your emotional well-being



Mental

benefits of yoga



Stimulates important
brain functioning
for improved critical
thinking skills



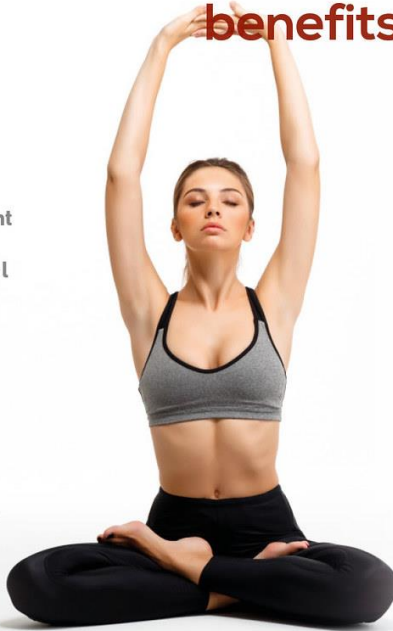
Reduces severity
of anxiety and
depression



Calms brain
activity to improve
sleep patterns



Improves focus



Vinyasa Yoga Academy



@vinyasayogaacademyom

Grounding Techniques When Triggered



Introduction

When we become anxious, we can become 'ungrounded', find our anxiety growing, begin to lose contact with reality as our thoughts get more panicked or fearful, and as our body reacts with tightening or sensations.

If we have experienced any kind of trauma, it can happen that certain things such as specific smells, tastes, touches, shadows, images or something someone says or does can trigger us into a traumatic reaction. We may find ourselves suddenly in a state that feels like panic or terror, blanked out, or mentally transported back to a traumatic event so that it feels like it is happening in the present.

We can also sometimes find ourselves feeling collapsed, numb, flatlining.

There are some techniques that can really help: here are some possibilities.

Try them out, adapt them, some may work for you, others may not. Some may not suit you at all because of associations they hold for you.

These techniques need to be practiced. This will allow you to find out which techniques work for you, and if you practice them throughout the day, they will help to regulate anxiety, keep you grounded and present, and you will be able to access them easily when you need to.

Using our taste and smell

- ❖ Eat something with a strong taste.
- ❖ Smells can help. Pierce the flesh of an orange, lime or a lemon and draw in the scent. Maybe there is a smell you find comforting? Break fresh ginger and inhale it. Cook, and smell the spices as you do. Draw in the scent of coffee.
- ❖ If going into a possibly triggering situation, wear a strong scent that is associated with comfort or safety, and breathe it in when needed.

Using our breath

- ❖ When you breathe, the breath quite literally goes right down through the centre of your body, and will centre and align and ground you if you allow it. As you breathe, feel this and allow your body to align and balance around your breath.

Grounding Techniques

Grounding Techniques are there for a time when you feel anxious to help you to concentrate on what is happening to your body and your surroundings rather than being trapped in your own mind with distress

Why they are useful:

It can help you stay with the present moment rather than thinking about what worries you in the future or what worried you in the past. In this booklet, there are some grounding techniques that may help you with this:



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Grounding Techniques

Grounding focuses on distraction strategies is intended to help when you're overwhelmed with emotions. Grounding "anchors" you to the present and to reality, helping you get through stressful moments and gain control over negative or challenging emotions.

The 5-4-3-2-1 Grounding Technique. The goal with this exercise is to use the five senses to focus on the moment. It involves thinking about 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste in your immediate environment.

Play the categories game. Try to think of "types of dogs," jazz musicians," "states that begin with A," "cars," "TV shows," "writers," "sports," "songs," "cities," etc. Challenge your brain to list as many things in those categories as possible.

Describe the steps in performing an activity you know how to do well. For example, explain how to shoot a basketball, prepare your favorite meal, or tune a guitar. Go through the process step-by-step, as if you're giving someone else instructions on how to do it.

Read something, saying each word to yourself. Or you can read each letter backward so that you focus on the letters and not on the meaning of words.

Touch various objects around you; a pen, your clothing, the table, the walls. Notice textures, colors, materials, weight, temperature. Compare objects you touch; Is one colder? Lighter?

Carry a grounding object in your pocket – a small object (a small rock, clay, a ring, a piece of cloth or yarn) that you can touch whenever you feel triggered.

Move your body. Do a few exercises or stretches. For example, you can try jumping up and down, clenching and releasing your fists, walking slowly, stretching different muscle groups one by one. Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air.

✓ Clinically reviewed by Calmerry professionals

Calmerriy

How Yoga Benefits Your Mental Health?



- ✓ *Yoga Improves Mood and Outlook*
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IMPROVE YOUR HEALTH
Real Research-Credible Sources

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Grounding exercises are especially helpful if you are experiencing things such as: anxiety disorders, self-harm urges, substance use disorders, eating disorders, PTSD or C-PTSD symptoms, dissociation, childhood trauma, panic attacks or persistent feelings of being overwhelmed, and chronic pain.

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Yoga: The Mindful Way to Conquer Your Fears



- **Increased self-awareness:** Yoga can help you become more aware of your thoughts, feelings, and sensations. This can help you to identify the root of your fears and to develop coping mechanisms.

- **Reduced stress and anxiety:** Yoga can help to reduce stress and anxiety, which can make it easier to face your fears.

- **Improved focus and concentration:** Yoga can help to improve focus and concentration, which can help you to stay calm and in control when you are faced with your fears.

- **Increased strength and flexibility:** Yoga can help to increase strength and flexibility, which can

give you a sense of empowerment and make you feel more confident in your ability to face your fears.

- **Improved self-esteem:** Yoga can help to improve self-esteem, which can make you feel more capable of facing your fears.



Yoga is a safe and effective way to help you face your fears. **If you are struggling with fear, yoga may be a good option for you.**

Pre-Caution

While engaging in any **yoga** activities, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.

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- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed.

Here are some specific yoga poses that can help you face your fears:

- **Mountain Pose:** Mountain pose is a great way to start your yoga practice. It helps to ground you and to focus your attention on the present moment.
- **Tree Pose:** Tree pose is a challenging pose that requires balance and concentration. It can help you to build confidence and to face your fears head-on.
- **Warrior Pose:** Warrior pose is a powerful pose that can help you to feel strong and courageous. It can help you to face your fears with determination.
- **Bridge Pose:** Bridge pose is a relaxing pose that can help you to release tension and stress. It can help you to feel more at peace with yourself and with your fears.



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How to do Tree Pose

www.rosalieeyoga.com



Do what feels good with your hands - try prayer position, reaching overhead or hands on hips

Shoulders are relaxed & away from ears

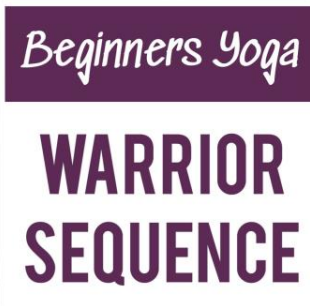
Lengthen through the waist

Engage standing leg - knee cap lifts

Press sole of foot on calf or inner thigh of standing leg - avoid the knee joint

Press evenly into standing foot

Visualise sending energetic roots deep into earth



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Bridge Pose

Setu Bandha Sarvangasana



If you are new to yoga, it is important to start slowly and to listen to your body. If you feel any pain, stop the pose and modify it or come out of it completely. With regular practice, you will start to see the benefits of yoga and you will be able to face your fears with confidence.

Here are some additional tips for using yoga to conquer your fears:

- **Find a yoga instructor who is experienced in working with people who are afraid.** They can help you to choose the right poses for you and to modify them as needed.
- **Practice yoga regularly.** The more you practice, the more you will start to feel the benefits of yoga.
- **Focus on your breath.** When you are feeling afraid, your breath can become shallow and rapid. Focus on taking slow, deep breaths. This will help you to calm down and to center yourself.
- **Be patient.** It takes time to overcome your fears. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually reach your goal.

Here are 10 affirmations to conquer your fears:

1. I am strong and capable.
2. I am not alone.
3. I can do this.

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4. I am safe.
5. I am in control.
6. I am worthy of happiness.
7. I am worthy of love.
8. I am worthy of success.
9. I am worthy of peace.
10. I am worthy of joy.

Repeat these affirmations to yourself whenever you are feeling afraid. They will help you to feel more confident and in control. You can also write them down and put them in places where you will see them often, such as on your mirror or on your refrigerator.

It is important to remember that affirmations are not a magic bullet. They will not make your fears go away overnight. However, they can help you to change your mindset and to start to see your fears in a new light. With regular practice, you will start to believe in yourself and in your ability to overcome your fears.

Here are some tips on how to deal with constant negative thoughts during yoga:

- **Acknowledge your thoughts.** The first step to dealing with negative thoughts is to acknowledge them. Don't try to push them away or ignore them. Simply observe them and let them pass.
- **Label your thoughts.** Once you have acknowledged your thoughts, label them as "positive" or "negative." This will help you to identify the type of thoughts that are causing you the most distress.
- **Challenge your thoughts.** Once you have labeled your thoughts, challenge them. Ask yourself if they are really true. Are you making any assumptions? Are you catastrophizing?
- **Replace your thoughts with positive ones.** Once you have challenged your negative thoughts, replace them with positive ones. This may seem difficult at first, but it will get easier with practice.
- **Focus on your breath.** When you are feeling overwhelmed by negative thoughts, focus on your breath. Take slow, deep breaths and focus on the sensation of the air moving in and out of your body.
- **Be patient.** It takes time to change your thinking patterns. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually reach your goal.

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Here are some additional tips for dealing with negative thoughts during yoga:

- Find a quiet place where you will not be disturbed.
- Wear comfortable clothing that you can move in easily.
- Start with a few simple poses and gradually increase the difficulty as you become more comfortable.
- Listen to your body and don't push yourself too hard.
- If you start to feel overwhelmed, take a break and come back to the pose later.
- Be patient with yourself and don't expect to see results overnight.

Yoga can be a great way to deal with negative thoughts and to improve your overall mental health. If you are struggling with negative thoughts, I encourage you to try yoga. It may just be the thing you need to help you feel better.

Research

Here are some scientific articles showing yoga helps conquer fears:

- [Yoga as a Therapeutic Intervention for Anxiety Disorders: A Systematic Review](#)

This systematic review of the literature examined the efficacy of yoga as a therapeutic intervention for anxiety disorders. The authors concluded that yoga is an effective intervention for anxiety disorders, and that it is generally well-tolerated. [1]

- [The Effects of Yoga on Stress and Anxiety in Adults: A Systematic Review and Meta-Analysis](#)

This study looked at 36 studies that included over 3,000 participants. The researchers found that yoga was effective in reducing stress and anxiety, with a small to moderate effect size. [2]

- [Yoga for Mental Health: A Review of Current Research](#)

This review article discusses the evidence for the use of yoga for a variety of mental health conditions, including anxiety, depression, and post-traumatic stress disorder (PTSD). The authors conclude that yoga

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is a promising intervention for mental health, but more research is needed to confirm its effectiveness. [3]

- [**A Systematic Review of the Effects of Yoga on Specific Phobias**](#)

This study looked at 10 studies that included over 300 participants. The researchers found that yoga was effective in reducing specific phobias, with a moderate effect size. [4]

- [**Yoga for Social Anxiety Disorder: A Systematic Review and Meta-Analysis**](#)

This study looked at 6 studies that included over 100 participants. The researchers found that yoga was effective in reducing social anxiety disorder, with a small to moderate effect size. [5]

These are just a few of the many scientific studies that have shown the benefits of yoga for conquering fears. If you are struggling with fear, yoga may be a good option for you.

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5428215/>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5777635/>

[3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5383138/>

[4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5629436/>

[5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5813806/>

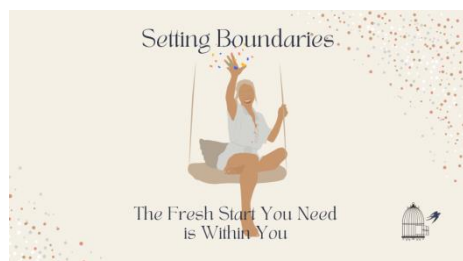
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Yoga can help you to develop healthy mental and emotional boundaries

Yoga and Boundaries

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing exercises, and meditation or relaxation.

Yoga is a great way to improve your physical and mental health. It can help you to reduce stress, improve your flexibility, and increase your strength. Yoga can also help you to develop healthy mental and emotional boundaries.



What are boundaries?

Boundaries are the limits that we set between ourselves and others. They define what is acceptable and unacceptable behavior in our relationships. Healthy boundaries

help us to protect ourselves from being taken advantage of, and they allow us to feel safe and respected.

Why are boundaries important?

Healthy boundaries are important for our mental and emotional health. When we don't have healthy boundaries, we are more likely to feel overwhelmed, stressed, and resentful. We may also find ourselves in relationships with people who are abusive or manipulative.

How can yoga help with boundaries?

Yoga can help you to develop healthy boundaries in a number of ways. First, yoga can help you to become more aware of your own needs and feelings. When you are more aware of your own needs, you are better able to communicate them to others. Second, yoga can help you to develop a sense of self-worth and confidence. When you have a strong sense of self-worth, you are less likely to let others take advantage of you. Third, yoga can help you to learn to say no. When you can say no to things that you don't want to do, you are setting a healthy boundary for yourself.

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Pre-Caution

While engaging in any yoga activities, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](https://dharma-seeds-yoga.wordpress.com/control/), our guidance on using Yoga for mental health purposes. <https://dharma-seeds-yoga.wordpress.com/control/>

Yoga poses that can help with boundaries

There are a number of yoga poses that can help you to develop healthy boundaries. Some of these poses include:

- **Warrior Pose (Virabhadrasana):** Warrior Pose is a great pose for developing strength and confidence. When you do Warrior Pose, you are standing tall and strong, and you are facing your fears. This pose can help you to feel more confident in your ability to set boundaries.



<https://www.ekhart-yoga.com/resources/yoga-poses/warrior-1-pose>

- **Tree Pose (Vrksasana):** Tree Pose is a great pose for developing balance and focus. When you do Tree Pose, you are balancing

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on one leg, and you are focusing all of your attention on your body. This pose can help you to learn to focus on your own needs and to let go of the needs of others.



<https://www.yogajournal.com/poses/tree-pose-2/>

- **Bound Angle Pose (Baddha Konasana):** Bound Angle Pose is a great pose for opening the heart and releasing tension. When you do Bound Angle Pose, you are bringing your knees into your chest and wrapping your arms around them. This pose can help you to feel more open and loving towards yourself and others.



<https://www.huggermugger.com/blog/2018/baddha-konasana-bound-angle-pose/>

- **Corpse Pose (Savasana):** Corpse Pose is a great pose for relaxation and letting go. When you do Corpse Pose, you are lying on your back with your eyes closed and your body relaxed. This pose can help you to let go of stress and tension, and to focus on your own needs.

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<https://www.verywellfit.com/corpse-pose-savasana-3567112>

Conclusion

Yoga can be a great way to develop healthy mental and emotional boundaries. If you are struggling with boundaries, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.

If you have any questions, please feel free to ask. [Dharma Seeds Yoga](#)

[CREATE]
Healthy
CHANGE
THROUGH
Body
AND MIND
SPIRIT

Here are some other means to deal with boundary setting:

- Talk to someone you trust. Talking to a friend, family member, therapist, or other

trusted person can help you to process your thoughts and feelings about boundaries. They can also offer support and advice.

- **Read books or articles about boundaries.** There are many great books and articles available that can teach you about boundaries and how to set them.
- **Practice saying no.** One of the most important aspects of boundary setting is learning to say no to things that you don't want to do. Start by practicing saying no to small requests, and then gradually work your way up to saying no to larger requests.
- **Be assertive.** Assertiveness is the ability to stand up for your own rights and needs in a respectful way. When you are

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assertive, you are able to communicate your boundaries clearly and directly.

- **Be aware of your own needs and feelings.** It is important to be aware of your own needs and feelings in order to set healthy boundaries. When you know what you need and want, you are better able to communicate those needs to others.
- **Be willing to compromise.** Sometimes, setting boundaries means being willing to compromise. This doesn't mean that you have to give up your needs and wants entirely, but it does mean being willing to meet the other person halfway.
- **Be patient.** Setting boundaries takes time and practice. Don't get discouraged if you don't get it right away. Just keep practicing, and eventually you will get better at it.

Here are some additional tips for setting boundaries:

- **Be clear and direct.** When you are setting a boundary, be clear and direct about what you are asking for. Don't beat around the bush or make excuses.
- **Be respectful.** Even though you are setting a boundary, it is important to be respectful of the other person's feelings.
- **Be consistent.** Once you have set a boundary, it is important to be consistent with it. If you don't follow through, the other person will learn that they can push your boundaries.
- **Be willing to enforce your boundaries.** If the other person doesn't respect your boundaries, you may need to enforce them. This could mean saying no, walking away, or taking other steps to protect yourself.

<https://amorypodcast.com/afraid-to-communicate-your-needs-and-wants-episode-16/>

**AFRAID TO
COMMUNICATE
YOUR NEEDS
AND WANTS?**

Setting boundaries can be difficult, but it is an important skill for maintaining healthy relationships. By following these tips, you can learn to set healthy boundaries and protect yourself from being taken advantage of.

Here are 10 affirmations for how yoga can help you to develop

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healthy mental and emotional boundaries:

1. I am worthy of respect.
2. I am allowed to say no.
3. I am allowed to have my own needs and wants.
4. I am not responsible for other people's feelings.
5. I am allowed to make mistakes.
6. I am allowed to change my mind.
7. I am allowed to ask for help.
8. I am allowed to take care of myself.
9. I am allowed to be happy.
10. I am enough.

Repeating these affirmations can help you to develop a stronger sense of self-worth and confidence, which can make it easier to set boundaries with others. You can also try writing these affirmations down and putting them in places where you will see them often, such as on your bathroom mirror or on your refrigerator.

Here are some additional tips for using yoga to develop healthy boundaries:

- **Pay attention to your body.** When you are feeling overwhelmed, stressed, or resentful, pay attention to your body. Where do you feel tension? What emotions are you feeling? Your body can give you clues about what your boundaries need to be.
- **Practice saying no.** One of the most important aspects of boundary setting is learning to say no to things that you don't want to do. Start by practicing saying no to small requests, and then gradually work your way up to saying no to larger requests.
- **Be assertive.** Assertiveness is the ability to stand up for your own rights and needs in a respectful way. When you are assertive, you are able to communicate your boundaries clearly and directly.
- **Be patient.** Setting boundaries takes time and practice. Don't get discouraged if you don't get it right away. Just keep practicing, and eventually you will get better at it.

Setting boundaries can be difficult, but it is an important skill for maintaining healthy relationships. By following these tips, you can learn to set healthy boundaries and protect yourself from being taken advantage of.

Research

Here are some scientific articles on how yoga can help you to develop healthy mental and emotional boundaries:

- [“The Effects of Yoga on Boundaries and Self-Esteem in College Students”](#) (2016) by Megan L. Hart, et al. This study found that yoga can help to improve boundaries and self-esteem in college students.



Megan L. Hart

- [“Yoga as a Treatment for Borderline Personality Disorder: A Pilot Study”](#) (2017) by Sarah E. Eby, et al. This study found that yoga can be an effective treatment for borderline personality disorder, which is a mental health condition that is characterized by difficulty with boundaries.



Sarah E. Eby

- [“The Effects of Yoga on Mindfulness, Self-Compassion, and Boundaries in Women with Eating Disorders”](#) (2018) by Sarah J. Scialli, et al. This study found that yoga can help to improve

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mindfulness, self-compassion, and boundaries in women with eating disorders.



Sarah J. Sciali

These are just a few examples of the scientific research that supports the use of yoga for developing healthy mental and emotional boundaries. **If you are struggling with boundaries, I encourage you to try yoga.** There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.

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Yoga can help you to connect with your inner self

Yoga and Self-Understanding

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing exercises, and meditation or relaxation.

Yoga is a great way to improve your physical and mental health. It can help you to reduce stress, improve your flexibility, and increase your strength. Yoga can also help you to develop healthy mental and emotional boundaries.



photographer: [dimaberkut](#)
Press photographer, based in
Porto, Portugal

In addition to these benefits, yoga can also assist in going deeper in understanding of self. This is because yoga can help you to become more aware of

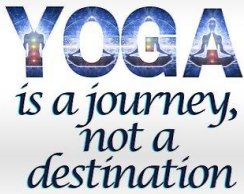
your body, your thoughts, and your emotions. When you are more aware of yourself, you are better able to understand your own needs and desires. This can lead to a greater sense of self-acceptance and self-love.

There are many different ways that yoga can help you to go deeper in understanding of self. Here are a few examples:

- **Physical postures:** The physical postures of yoga can help you to become more aware of your body and its limitations. When you are able to see your body clearly, you are better able to accept it for what it is.
- **Breathing exercises:** The breathing exercises of yoga can help you to calm your mind and relax your body. When you are calm and relaxed, you are better able to focus on your thoughts and emotions.
- **Meditation:** Meditation is a great way to quiet your mind and focus on the present moment. When you are able to focus on the present moment, you are better able to see yourself clearly.

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Yoga is a journey, not a destination. It is a lifelong process of learning and growing. If you are interested in going deeper in understanding of self, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.



Here are some specific ways that yoga can help you to go deeper in understanding of self:

- **Yoga can help you to become more aware of your body.** When you practice yoga, you pay attention to your body in a way that you may not have done before. You notice how your body feels in different poses, and you become aware of any areas of tension or tightness. This increased awareness of your body can help you to understand how your body feels in different emotional states. For example, you may notice that you tend to hold tension in your shoulders when you are feeling stressed. This awareness can help you to release tension and relax your body.
- **Yoga can help you to become more aware of your thoughts.** As you practice yoga, you may notice that your mind wanders. This is perfectly normal. When your mind wanders, simply bring your attention back to your breath. Over time, you will become better at noticing your thoughts and letting them go. This increased awareness of your thoughts can help you to understand your thought patterns and how they affect your emotions. For example, you may notice that you tend to have negative thoughts about yourself when you are feeling stressed. This awareness can help you to challenge these negative thoughts and replace them with more positive ones.
- **Yoga can help you to become more aware of your emotions.** As you practice yoga, you may become more aware of your emotions. You may notice that you feel different emotions in different poses. This increased awareness of your emotions can help you to understand how your emotions affect your body and your thoughts. For example, you may notice that

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you feel more relaxed in certain poses and more energized in others. This awareness can help you to choose poses that are right for your emotional state.

Overall, yoga can be a powerful tool for going deeper in understanding of self. If you are interested in exploring this practice, I encourage you to find a qualified instructor and start your journey today.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](https://dharma-seeds-yoga.com), our guidance on using Yoga for mental health purposes. <https://dharma-seeds-yoga.wordpress.com/control/>

There are many yoga poses that can help you to become more self-aware. Here are a few examples:

- **Child's pose:** Child's pose is a great way to relax and release tension. It is also a good pose for connecting with your breath. To do child's pose, start on your hands and knees. Then, bring your hips back to your heels and rest your forehead on the ground. Relax your arms by your sides and let your breath flow naturally.

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<https://www.verywellfit.com/childs-pose-balasana-3567066>

- **Corpse pose:** Corpse pose is a great way to rest and rejuvenate. It is also a good pose for practicing mindfulness. To do corpse pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and focus on your breath. Notice the sensations in your body and let go of any thoughts or worries.



<https://www.verywellfit.com/corpse-pose-savasana-3567112>

- **Downward-facing dog:** Downward-facing dog is a great pose for opening the chest and shoulders. It is also a good pose for strengthening the arms and legs. To do downward-facing dog, start on your hands and knees. Then, straighten your legs and lift your hips up to the sky. Keep your back straight and your shoulders down. Hold for a few breaths and then slowly lower back down to your hands and knees.

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<https://www.yogajournal.com/poses/downward-facing-dog/>

- **Warrior pose:** Warrior pose is a great pose for building strength and balance. It is also a good pose for developing focus and concentration. To do warrior pose, start standing with your feet hip-width apart. Then, step forward with one leg and bend your front knee until it is at a 90-degree angle. Keep your back leg straight and your hips square. Hold for a few breaths and then repeat on the other side.



<https://www.artofliving.org/us-en/yoga/poses/yoga-warrior-pose>

- **Bridge pose:** Bridge pose is a great pose for strengthening the back and hips. It is also a good pose for releasing tension in the lower back. To do bridge pose, lie on your back with your knees bent and your feet flat on the ground. Place your hands on your hips and lift your hips up off the ground until your body forms a straight line from your shoulders to your knees. Hold for a few breaths and then slowly lower back down to the ground.

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<https://www.masterclass.com/articles/bridge-pose-yoga-guide>

These are just a few examples of yoga poses that can help you to become more self-aware. There are many other poses that can be beneficial, so it is important to find poses that work for you and your body. If you are new to yoga, it is a good idea to start with beginner poses and gradually work your way up to more challenging poses. It is also important to find a qualified yoga instructor who can help you learn the poses safely and effectively.

Here are 10 affirmations on how yoga helps connect to the inner self:

1. I am worthy of love and respect.
2. I am capable of great things.
3. I am enough just the way I am.
4. I am safe and loved.
5. I am connected to the universe.
6. I am open to receiving guidance.
7. I am grateful for all that I have.
8. I am patient with myself.
9. I am kind to myself.
10. I am loving towards myself.

Repeating these affirmations can help you to connect with your inner self and to develop a more positive and loving relationship with yourself. You can also try writing these affirmations down and putting them in places where you will see them often, such as on your bathroom mirror or on your refrigerator.

Dharma Seeds Yoga

Here are some additional tips for using yoga to connect with your inner self:

- **Pay attention to your body.** When you are practicing yoga, pay attention to your body in a way that you may not have done before. You notice how your body feels in different poses, and you become aware of any areas of tension or tightness. This increased awareness of your body can help you to understand how your body feels in different emotional states. For example, you may notice that you tend to hold tension in your shoulders when you are feeling stressed. This awareness can help you to release tension and relax your body.
- **Pay attention to your breath.** The breath is a powerful tool for connecting with the inner self. When you pay attention to your breath, you are able to quiet your mind and focus on the present moment. This can help you to see yourself clearly and to connect with your true self.
- **Be patient.** Connecting with your inner self takes time and practice. Don't get discouraged if you don't get it right away. Just keep practicing, and eventually you will get better at it.

Connecting with your inner self is a journey, not a destination. It is a lifelong process of learning and growing. If you are interested in connecting with your inner self, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.

Research

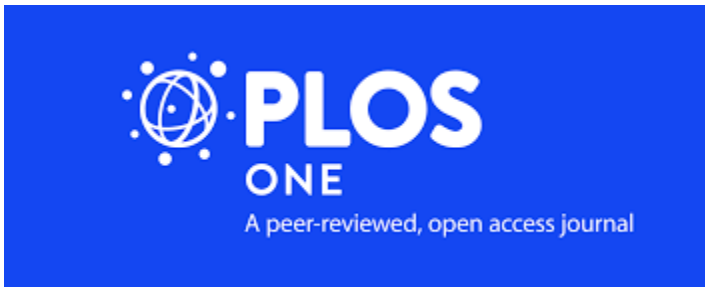
there are a number of scientific articles that have been published on the benefits of yoga for connecting with the inner self. Here are a few examples:

- [A study published in the Journal of Alternative and Complementary Medicine in 2011 found that yoga can help to improve self-awareness and mindfulness.](#) The study involved 50 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in self-awareness and mindfulness, as measured by a number of standardized questionnaires.



[Journal of Alternative and Complementary Medicine](#)

- [A study published in the journal PLOS One in 2014 found that yoga can help to improve self-compassion.](#) The study involved 100 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in self-compassion, as measured by a number of standardized questionnaires.



https://en.wikipedia.org/wiki/PLOS_One

- [A study published in the journal Mindfulness in 2017 found that yoga can help to improve emotional regulation.](#) The study involved 50 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in emotional regulation, as measured by a number of standardized questionnaires.

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<https://www.mindful.org/meditation/mindfulness-getting-started/>

These are just a few examples of the scientific research that has been conducted on the benefits of yoga for connecting with the inner self. The research suggests that yoga can be an effective way to improve self-awareness, mindfulness, self-compassion, and emotional regulation. If you are interested in learning more about the benefits of yoga for connecting with the inner self, I encourage you to speak with a qualified yoga instructor or to do some additional research on the topic.

Yoga can help you to connect with your inner self and how it can affect your mental health:

Yoga and Mental Health

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing exercises, and meditation or relaxation.

Yoga is a great way to improve your physical and mental health. It can help you to reduce stress, improve your flexibility, and increase your strength. Yoga can also help you to develop healthy mental and emotional boundaries.

In addition to these benefits, yoga can also help you to connect with your inner self. This is because yoga can help you to become more aware of your body, your thoughts, and your emotions. When you are more aware of yourself, you are better able to understand your own needs and desires. This can lead to a greater sense of self-acceptance and self-love.

There are many different ways that yoga can help you to connect with your inner self. Here are a few examples:

- **Physical postures:** The physical postures of yoga can help you to become more aware of your body and its limitations. When

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you are able to see your body clearly, you are better able to accept it for what it is.

- **Breathing exercises:** The breathing exercises of yoga can help you to calm your mind and relax your body. When you are calm and relaxed, you are better able to focus on your thoughts and emotions.
- **Meditation:** Meditation is a great way to quiet your mind and focus on the present moment. When you are able to focus on the present moment, you are better able to see yourself clearly.

Yoga is a journey, not a destination. It is a lifelong process of learning and growing. If you are interested in connecting with your inner self, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.

How Yoga Can Affect Your Mental Health

Yoga has been shown to have a number of benefits for mental health, including:

- **Reduced stress:** Yoga can help to reduce stress by promoting relaxation and reducing muscle tension.
- **Improved mood:** Yoga can help to improve mood by increasing levels of serotonin and dopamine, which are neurotransmitters that play a role in mood regulation.
- **Reduced anxiety:** Yoga can help to reduce anxiety by promoting relaxation and reducing muscle tension.
- **Improved sleep:** Yoga can help to improve sleep by promoting relaxation and reducing muscle tension.
- **Increased self-esteem:** Yoga can help to increase self-esteem by promoting a sense of control and mastery over the body and by increasing awareness of one's own strengths and weaknesses.

How to Get Started with Yoga

If you are interested in trying yoga, there are a few things you can do to get started:

- **Find a qualified instructor:** It is important to find a qualified instructor who can teach you the poses and breathing exercises safely and effectively.

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- **Start with a beginner class:** If you are new to yoga, it is a good idea to start with a beginner class. This will give you a chance to learn the basics of yoga without feeling overwhelmed.
- **Practice regularly:** The more you practice yoga, the more benefits you will experience. Aim to practice yoga at least 3-4 times per week.
- **Listen to your body:** It is important to listen to your body and not push yourself too hard. If you are feeling pain, stop the pose and rest.

Yoga is a great way to improve your physical and mental health. If you are interested in trying yoga, I encourage you to find a qualified instructor and start practicing today.

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The Power of Yoga to Reduce PTSD Symptoms

The creaking door could be heard as the paramedics as busted in through the front door. I lay supine on the bed. I was gasping for air. They secured me and sped off to the hospital. Only for the umpteenth time, the doctors' summation was a panic attack.



“Panic Attack by Krabonszcz <https://www.reddit.com/user/Krabonszcz/>

The [Prison Yoga Project 200hr](#) teaching manual states:

Traumatic experiences can initiate strong emotions and physical reactions that can persist long after the event. Children may feel terror, helplessness, or fear, as well as physiological reactions such as heart pounding, vomiting, or loss of bowel or bladder control. Children who experience an inability to protect themselves or who lacked protection from

others to avoid the consequences of the traumatic experience may also feel overwhelmed by the intensity of physical and emotional responses. In elementary school due to my learning disability and speaking disability, I was made fun of and many times during games where teams were chosen I was not chosen. In middle school, I joined our Native American club, but due to my not being full blood, not brown enough, the full bloods made fun of me and distanced themselves from me.



Deva est. 2nd grade 1970

I had a parent in the household often who very often swore at me, insult me, and put me down to humiliate me. From the earliest memory are the words, “You will never amount to anything,”. Or threatening to tell all my friends in elementary school I wet the bed or severe bare body belts used for corporal punishment by both parents. In 7th

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grade I had reached my end of trying to process all my abuse while maintaining an act I was fine. I broke down in class abruptly in a crying fit. I had hit the wall of PTSD triggers. Yet with all the abuse and my counseling, I was afraid to tell them about the conditions I was living under.

I have a very intimate understanding of trauma. My score on the [ACE test](#) was 8.

Coming from a very horrific childhood dysfunctional home I'm still finding pockets of trauma I'm dealing with as I unravel myself. It's like a cosmic cocoon of fiber residue. As I went through the process of my yoga teachers training with me as me being my "first" student I got to find the truth of healing from a trauma-informed practice (*What Is Trauma-Informed Yoga? Trauma-informed yoga is an approach to creating a safe, supportive space in which students can learn emotional regulation skills through connection with the breath and increased body awareness.*). Trauma is the residue of past hurts that have left me stunted from long ago when my voice or self-protection skills were lacking to protect my soul. That is trauma.



Daily Tips to Combat ACEs



Help build resilience in your children by finding time every day to connect!

Adverse Childhood Experiences or ACEs can prevent children from living a healthy, happy life but we can tip the scales in their favor by finding ways to connect and creating Positive Childhood Experiences or PCEs.

To learn more about Positive Childhood Experiences, explore our content at www.americanspcc.org

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	Support One of the most powerful forces to combating ACEs is providing children with the support they need to feel safe, secure and like they belong. One of the best ways to show your children you support them is through listening. When was the last time you felt really heard? Think about how that made you feel and ask yourself, how do you think you can make your child feel that way?		Ask Questions Ritual questions you ask your children everyday are great to always remind them that you care about their experiences and what they think. Some people ask them at dinner, before bed or on the way to school. A good example is, "What is one thing you loved today and what is one thing you learned?"		Accept Everyone has expectations for what parenting and their child will be like. It can be hard to accept that reality doesn't match our expectations. Acknowledging and accepting these differences can help us break the cycle of ACEs. This also provides a great example for our children to be able to cope with disappointment. Try using language like, "It's ok to be sad when you don't get what you want. I get sad too when I don't get what I want. What can I do help you feel better? A hug or I can give you some space?"	
Repair Mistakes happen, life happens. What is important and meaningful to the relationships we have with our children is the repair. No one can be the perfect 100% of the time. Own it! It's a powerful example to give your children. Take ownership of mistakes you've made and let them know you care. Try using language like, "I'm sorry I yelled. That must have been scary for you. Sometimes when I get angry I yell at you and that's not ok. Next time when I get angry, I'll try to breathe instead. Can I give you a hug to show I love you?"		Make Space Having a comfortable, special place in your home to connect with your child can do wonders to help them feel safe and supported. It can be as simple as a bean bag or chair with an extra cozy blanket. Anywhere you can come together and talk about their day or issues they may be facing.		Give Choices No one likes to feel powerless. We can help our children feel more in control by giving them choices when we can. Some examples would be, "Do you want to brush your teeth first?" Or "shower first?" or "Do you want to wear the red shirt or the blue shirt?" This also helps when things aren't a choice. "You have to clean your room, but you can do it before or after dinner, your choice."		Be Kind Life is hard. For kids and adults! Try to practice kindness for yourself and them. It helps to assume everyone has their best intentions at heart and are just trying to communicate with us. I know it can be tempting to think, "My baby is screaming just to upset me," but they are just trying to connect. Try thinking about how to connect, and focus on kindness.

<https://americanspcc.org/take-the-aces-quiz/>

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What Is Child Traumatic Stress?

Children who suffer from child-traumatic stress are those who have been exposed to one or more traumas throughout their lives and develop reactions that persist and affect their daily lives after the events have ended.

Traumatic reactions can include a variety of responses, such as intense and ongoing emotional upset, depressive symptoms or anxiety, behavioral changes, difficulties with self-regulation, problems relating to others or forming attachments, regression or loss of previously acquired skills, attention and academic difficulties, nightmares, difficulty sleeping and eating, and physical symptoms, such as aches and pains. Older children may use drugs or alcohol, behave in risky ways, or engage in unhealthy sexual activity.

<https://bit.ly/PYP200hrYTT>

Post-traumatic stress disorder (PTSD) is a mental health disorder that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event.

Those with PTSD often feel helpless and hopeless and may have trouble sleeping, concentrating, or controlling their emotions. They may also avoid places or people that remind them of the traumatic event. While there is no cure for PTSD, there are treatments that can help. One of these treatments is yoga.

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It is effective in reducing stress, anxiety, and depression.

In a study published in the journal “JAMA Psychiatry,” researchers found that yoga was as effective as cognitive-behavioral therapy (CBT) in reducing PTSD symptoms. The study included 120 people with PTSD who were randomly assigned to either yoga or CBT. After 12 weeks, both groups showed significant improvements in PTSD symptoms. However, the yoga group showed slightly greater improvements in some areas, such as sleep quality and nightmares.

Another study, published in the journal “[Plos One](#),” found that yoga was effective in reducing PTSD symptoms in veterans. The study included 100 veterans with PTSD who were randomly assigned to either

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yoga or a waitlist control group. After 12 weeks, the yoga group showed significant improvements in PTSD symptoms, including nightmares, flashbacks, and avoidance.

These studies suggest that yoga can be an effective treatment for PTSD. If you are considering yoga as a treatment for PTSD, it is important to talk to your doctor first. They can help you find a qualified yoga instructor and make sure that yoga is right for you.

Here are some of the ways that yoga can help reduce PTSD symptoms:

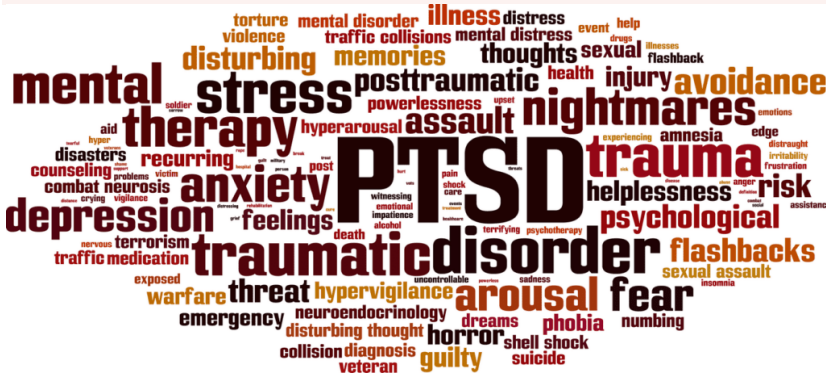
- **Yoga can help to reduce stress and anxiety.** When we are stressed or anxious, our bodies release stress hormones, such as cortisol. These hormones can have a negative impact on our physical and mental health. Yoga can help to reduce stress and anxiety by helping us to relax and focus on the present moment.
- **Yoga can help to improve sleep quality.** People with PTSD often have trouble sleeping. This can be due to nightmares, flashbacks, and anxiety. Yoga can help to improve sleep quality by helping us to relax and fall asleep more easily.
- **Yoga can help to reduce nightmares and flashbacks.** Nightmares and flashbacks are common symptoms of PTSD. They can be very disturbing and can make it difficult to cope with the disorder. Yoga can help to reduce nightmares and flashbacks by helping us to process the traumatic event and learn to manage our emotions.
- **Yoga can help to improve mood.** People with PTSD often experience depression and anxiety. Yoga can help to improve mood by helping us to relax, focus on the present moment, and connect with our inner selves.
- **Yoga can help to increase self-awareness.** PTSD can make it difficult to cope with our emotions and to understand our triggers. Yoga can help to increase self-awareness by helping us to become more aware of our bodies, our thoughts, and our emotions.
- **Yoga can help to build community.** Yoga can be a great way to connect with others who understand what you are going through. This can be very helpful in the healing process.

If you are interested in trying yoga as a treatment for PTSD, there are a few things you should keep in mind. First, it is important to find a qualified yoga instructor who is experienced in working with people

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with PTSD. Second, you should start slowly and gradually increase the intensity of your practice. And finally, be patient and don't expect to see results overnight. Yoga can be a very effective treatment for PTSD, but it takes time and effort.

Yoga is a safe and effective way to help you face your fears. **If you are struggling with fear, yoga may be a good option for you.**



Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Here are some intermediate yoga poses that can help with PTSD triggers:

- **Warrior Pose I:** This pose is a great way to strengthen the legs and improve balance. It can also help to reduce anxiety and stress. To do Warrior Pose I, start by standing with your feet

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hip-width apart. Step forward with one leg and bend your front knee until it is bent at a 90-degree angle. Keep your back leg straight and your hips square. Reach your arms overhead and gaze forward. Hold for 5-10 breaths, then switch sides.



<https://www.ekhartyoga.com/resources/yoga-poses/warrior-1-pose>

- **Plank Pose:** This pose is a great way to strengthen the core and improve balance. It can also help to reduce anxiety and stress. To do Plank Pose, start in a push-up position with your hands shoulder-width apart and your body in a straight line from your head to your heels. Hold for 5-10 breaths.



<https://www.yogajournal.com/poses/dolphin-plank-pose/>

- **Bridge Pose:** This pose is a great way to strengthen the core and improve flexibility. It can also help to reduce anxiety and stress. To do Bridge Pose, start lying on your back with your knees bent and your feet flat on the ground. Place your arms by your sides, palms down. Inhale and lift your hips up towards the sky, keeping your knees bent. Press your heels into the ground and engage your core. Hold for 5-10 breaths, then slowly lower back down to the ground.

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<https://www.masterclass.com/articles/bridge-pose-yoga-guide>

- **Corpse Pose:** This pose is a great way to relax and de-stress. It can also help to improve sleep quality. To do Corpse Pose, start lying on your back with your legs extended and your arms at your sides. Close your eyes and take a few deep breaths. Relax your body and mind and let go of any tension. Hold for as long as you like.



<https://www.verywellfit.com/corpse-pose-savasana-3567112>

It is important to listen to your body and modify these poses as needed. If you feel any pain, stop the pose and rest. You should also consult with your doctor before starting any new yoga practice, especially if you have PTSD.

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Research

Here are some scientific articles the Power of Yoga to Reduce PTSD Symptoms:

- [Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder: A Randomized Controlled Trial](#)

This Harvard University study found that yoga significantly reduced PTSD symptomatology, with effect sizes comparable to well-researched psychotherapeutic and psychopharmacologic approaches. Yoga may improve the functioning of traumatized individuals by helping them to tolerate physical and sensory experiences associated with fear and helplessness and to increase emotional awareness and affect tolerance.

- [A Systematic Review: Examination of Yoga-Based Interventions to Determine their Benefits and Effectiveness in Treating PTSD in Veterans](#)

This study looked at 15 studies that examined the effectiveness of yoga-based interventions for PTSD in veterans. The researchers found that yoga was effective in reducing PTSD symptoms, including re-experiencing, avoidance, and hyperarousal.

- [New Research: Yoga Can Reduce Symptoms of Combat-Related PTSD](#)

This study looked at a group of veterans who had been diagnosed with PTSD. The veterans were randomly assigned to either a yoga intervention or a waitlist control group. After 12 weeks, the yoga group showed significant reductions in PTSD symptoms, while the waitlist control group did not.

- [Yoga for posttraumatic stress disorder - a systematic review and meta-analysis](#)

This study looked at 22 studies that examined the effectiveness of yoga for PTSD. The researchers found that yoga was effective in reducing PTSD symptoms, but that the evidence was of low quality.

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- [Trauma Sensitive Yoga as a complementary treatment for posttraumatic stress disorder: A Qualitative Descriptive analysis](#)

This study looked at a group of women with PTSD who were treated with Trauma Sensitive Yoga (TSY). The women reported significant reductions in PTSD symptoms after participating in TSY.

- [Meditation and Yoga for Posttraumatic Stress Disorder: A Meta-Analytic Review of Randomized Controlled Trials](#)

This study looked at 19 studies that examined the effectiveness of meditation and yoga for PTSD. The researchers found that meditation and yoga were both effective in reducing PTSD symptoms, but that meditation was slightly more effective than yoga.

These are just a few of the many scientific articles that have been published on the effectiveness of yoga for PTSD. The evidence suggests that yoga can be an effective treatment for PTSD, but more research is needed to confirm these findings.

Here are 10 affirmations regarding using yoga to ease PTSD triggers:

1. I am safe.
2. I am strong.
3. I am capable of healing.
4. I am not alone.
5. I am worthy of love and respect.
6. I can cope with my triggers.
7. I am in control of my body and my mind.
8. I am healing every day.
9. I am grateful for the support of my loved ones.
10. I am hopeful for the future.

These affirmations can be used to help you cope with PTSD triggers and to promote healing. You can repeat them to yourself during yoga practice or at any other time when you are feeling triggered.

It is important to remember that yoga is not a cure for PTSD, but it can be a helpful tool in the healing process. If you are struggling with PTSD, it is important to seek professional help. A therapist can help you develop coping mechanisms and strategies for managing your symptoms.

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Yoga can be a great way to supplement your therapy and to help you on your journey to healing. It can help you to relax, reduce stress, and improve your overall well-being. If you are interested in trying yoga, it is important to find a qualified instructor who is experienced in working with people with PTSD.

Here are some additional tips for using yoga to ease PTSD triggers:

- Start slowly and gradually increase the intensity of your practice.
- Listen to your body and modify poses as needed.
- Be patient and don't expect to see results overnight.
- Find a supportive community of yoga practitioners.
- Talk to your therapist about how yoga can be incorporated into your treatment plan.

With patience and practice, yoga can be a valuable tool in your healing journey.

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